

From the painting by Schnakenberg

Courtesy Krausbaar Galleries

This ball won't let your team down!

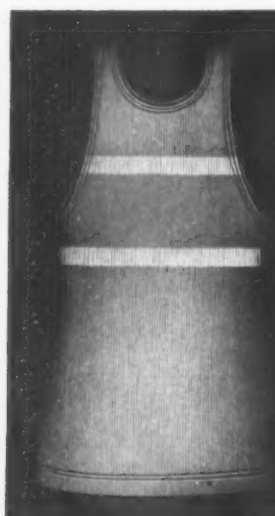
YOU'RE counting on that team of yours, coach. And they're counting on the ball they play with to be accurate. Your coaching—their ability deserve a ball that will *play straight*.

The Reach AA Official Basket Ball is absolutely accurate . . . absolutely dependable. It just *can't* get out of shape. The Reach Double Lining holds the AA Ball in the correct shape throughout its lifetime. The AA won't develop a bulge or a "dead spot." *No error in passing, dribbling or shooting can be attributed to this ball!*

The AA Ball is made with either the new patented all-rubber valve, with positive air seal, or the metal plunger type valve. Your nearest




Reach dealer can supply you with the AA or with other splendid Reach Basket Balls—all within your budget—and with other fine Reach basket ball equipment. For instance:



- Fine worsted shirts, in solid colors, combinations of colors or white. Made for freedom of movement. Medium or light weight. These shirts come either with round or V-type neck.

- Correctly designed pants of highest quality wool flannel, heavy or light weight moleskin or canvas. Hip pads. Short inseam. Full cut in legs and hips. Plain colors with or without striping.



REACH basket ball equipment comes in a wide range of prices and models, for every team . . . and for every budget. When you see your Reach dealer, get him to show you the complete line—right down to pads and socks.

A trimly uniformed team looks better, feels better, plays better!

A. J. REACH, WRIGHT & DITSON, Inc.

BASKET BALL EQUIPMENT



© 1933 A. J. R., W. & D

WHAT'S THE BEST BASKETBALL SHOE?



FOR FIT - WEAR - TRACTION - COMFORT COACHES AGREE ON **ALL STARS**

NO other kind of basketball equipment is more closely watched, more carefully checked as to its effect upon basketball players than the shoes they wear. Small wonder, then, that coaches and managers write us so enthusiastically about **ALL STARS** — the shoes that have solved the footwear problem so satisfactorily for hundreds of thousands of basketball players. Below, a few of your fellow-coaches and managers tell you what they think about ALL STARS — every comment unsolicited and inspired only by the excellent performance of ALL STAR Basketball Shoes themselves. Certainly shoes that win so high a praise from so wide a cross-section of successful basketball mentors are worth a trial by your own players this season!

★ FIT AND COMFORT

Converse Shoes have no competitors for fit and comfort.— Coach Clark, High School, Randalia, Iowa. . . . Converse outclasses all other shoes for fit and foot comfort.— A. J. Roberston, Director of Athletics, Bradley Polytechnic.

★ LONG WEAR

Converse can easily guarantee their All Star for one season's hard use without risk; none better.— Coach Olsgaard, High School, Wildrose, N. Dak. . . . Believe frankly that Converse outwears and outsticks all other brands; have utmost confidence in them.— Coach Jones, High School, Harper, Kansas.

★ PERFECT TRACTION

Make turning on slick floor a pleasure.— Coach Moran, High School, Post Falls, Idaho. . . . Wonderful traction and outwear all others.— Manager O'Brien, Bosch Girls, Springfield, Mass. . . . Stick to the floor better than any other shoe I know.— Manager Skidmore, West Penn Juniors, Morgantown, W. Va. . . . Will hold on any floor and never wear smooth.— Manager Banahan, Montpelier Seminary.

★ LIGHT WEIGHT

Only light-weight basketball shoe we have ever used that is durable and gives plenty of protection to the feet.— Coach Mix, High School, Moscow, Idaho. . . . Lightness of the Converse All Star turned our slowest man from a disgusted player into a veritable whirlwind.— Manager Heit, Fro-Joys, Springfield, Mass.

★ ALL-ROUND SATISFACTION

Found Converse All Stars very satisfactory in every respect.— Coach Miller, Diamond D-X Oilers, Tulsa, Oklahoma; National A.A.U. Champions. . . . Consider All Stars the best shoes on the market.— Coach Laval, University of South Carolina. . . . For the last five years, my teams have used Converse All Stars and have been fully satisfied with them.— Coach Enke, University of Arizona. . . . Have used All Stars for several years and rate them as the best all-round shoes on the market.— Coach Davis, Teachers College, Greeley, Colorado.



CONVERSE, Malden, Mass.— Please send me FREE copy of your 1933 CONVERSE BASKETBALL YEAR BOOK.

Name.....

School.....

City and State.....

C 12

CONVERSE RUBBER COMPANY

Dept. C 12

Malden - Massachusetts

CHICAGO — 305 W. Monroe Street

ST. PAUL — 242 E. Fifth Street

Quick

Energy



A LIGHTNING dash down the floor . . . a quick stop . . . a ducking, weaving turn . . . SHOOT! Man! it takes Energy, quick energy in Basket Ball. Energy comes from the food you eat. Some foods produce more than others. Hardly any food produces more energy than good, fresh Planters Peanuts . . . Ask some diet expert how Planters Peanuts rate in calorie content. Planters Peanuts can lick their own weight in Milk, Beef, Bread or Potatoes. That gives you an idea of how much real energy these delicious, inexpensive Peanuts contain.

Healthful . . . Fresh

Planters Peanuts are digestible and wholesome because they are always crisp and fresh. And they can't be any other way. They are packed to keep the original freshness in.

Look for "Mr. Peanut" on Every Bag

Freshness and wholesomeness are so important in all foods you eat that it's well worth while to be sure of them. Genuine, fresh and crisp Planters Peanuts always have a picture of "Mr. Peanut" on every bag. Get genuine Planters Peanuts. Not only better for you but the best tasting peanuts you ever ate. Five cents everywhere. "The Nickel Lunch."

PLANTERS NUT & CHOCOLATE CO.

Suffolk, Va. Wilkes-Barre, Pa. San Francisco Toronto, Canada



PLANTERS PEANUTS

SCHOLASTIC COACH

A publication promoting health, physical education and athletics in secondary schools.

Issued monthly nine times during the academic year (September through May) by Scholastic Corporation, M. R. Robinson, president. Publishers of *Scholastic*, national high school classroom weekly.

Address all editorial and advertising communications to Scholastic Coach, 155 East 44th Street, New York, N. Y.

G. Herbert McCracken, publisher; S. Z. Oppenheim, advertising manager. Western advertising representatives: Ewing Hutchison, 35 East Wacker Drive, Chicago, Ill.

Subscriptions for the United States, \$1 a season (September through May). In Canada, \$2. All correspondence concerning subscriptions and circulation should be addressed to Circulation Department, Chamber of Commerce Bldg., Pittsburgh, Penna.

The entire contents of Scholastic Coach are protected by copyright.

EDITORIAL ADVISORY BOARD—

C. W. WHITTEN, *Secretary-treasurer, National Federation of State High School Athletic Associations*; ETHEL PERRIN, *Vice-chairman of the Executive Committee, Women's Division, National Amateur Athletic Federation*; WILLIAM BURDICK, M.D., *Director, Playground Athletic League, Baltimore*; WILBUR DALZELL, *Director of Athletics, Dubuque, Iowa, Senior High School*; DANIEL CHASE, *Sportsmanship Brotherhood*; CHARLES S. DAVIS, *Superintendent of Public Schools, Steelton, Penna.*; L. L. FORSYTHE, *Principal, Ann Arbor, Mich., High School*; ROBERT H. HAGER, *Supervisor of Physical Education, Tacoma, Wash., Public Schools*; JAMES E. MANSFIELD, *Athletic Director, Haverhill, Mass., High School*; JAMES EDWARD ROGERS, *Secretary, National Physical Education Service of the National Recreation Association, and of the Department of School Health and Physical Education of the National Education Association*; LEWIS W. SMITH, *Superintendent, Berkeley, Calif., Public Schools*; WALTER B. SPENCER, *President, Connecticut Inter-scholastic Athletic Conference*; E. R. STEVENS, *President, National Federation of State High School Athletic Associations*; R. W. TRUSCOTT, *Commissioner, Colorado High School Athletic Conference*; W. H. YARBROUGH, *Principal Peabody Demonstration School, Nashville, Tenn.*

SPORTSMANSHIP BROTHERHOOD,

Inc., an organization fostering sportmanship in athletics throughout the world, uses Scholastic Coach as its official publication. Sportsmanship Brotherhood national headquarters, Room 369, McAlpin Hotel, New York, N. Y., Daniel Chase, Executive Secretary.

AUDITED CIRCULATION

Scholastic Coach is a member of the Controlled Circulation Audit, a bureau for examining and auditing circulation



figures for the protection of advertisers. CCA statements of Scholastic Coach circulation supplied on request. Through this service, Scholastic Coach advertisers receive incontrovertible evidence of the circulation they are paying for.

IN THIS ISSUE

HERE BELOW

PENETRATING THE ZONE DEFENSE	Forrest C. Allen	5
STOP, FEINT AND PASS (MOVING PICTURES)		7
MOVING PICTURES AS AID TO COACHING	Arthur L. Gale	10
THE DIET FOR THE ATHLETE	Peter V. Karpovich	12
BOXING AT GREEN BAY	Louis E. Means	14
BASKETBALL FUNDAMENTALS IN MOVING PICTURES		16, 17
CONSIDERATIONS FOR A RIFLE PROGRAM	R. C. Wilson	18
QUESTION: HOW MUCH SHALL WE TAKE?		20
CONCERNING THE PICTURES ON PAGE 7		22
OUT OF THE HUDDLE	Maurice Davis	25
NEW BOOKS ON THE SPORTSHELF		26
FOR YOUR BULLETIN BOARD		28

Vol. 2, No. 4

JACK LIPPERT, Editor

The editor will be glad to consider any manuscripts and photographs submitted to him for publication, if accompanied by stamped addressed envelope for return, if unsuitable.

Christmas Present

A one-year subscription to Scholastic Coach makes a splendid Christmas present. Consider this issue alone. It is a Christmas present by itself, if you will pardon our immodesty. We intend using this issue as our Christmas gift to our friends. And we believe they will prefer it to some useless trinket costing \$5, which they used to receive from us B.D. (before depression).

Send us one dollar with the coupon below (or write on a separate piece of paper if you do not choose to mangle the page) and we will send Merry Christmas cards to the persons you name, saying that Scholastic Coach will be sent for one year with your greetings and compliments. This Merry Christmas card and the December issue will reach your friend (brother-in-law, former student of yours, fellow coach) before Christmas Day. You will receive acknowledgment of order, confirming names and addresses.

Do this before December 15th if you want it to be in season.

SCHOLASTIC COACH, Circulation Manager
Chamber of Commerce Bldg., Pittsburgh, Pa.

Enclosed find \$..... Please enter one year (9 issues) Scholastic Coach gift subscriptions to names and addresses listed below, and send them gift cards in my name.

NAMES

ADDRESSES

.....
.....
.....
.....

My name and address:

.....

GIFT SUBSCRIPTION RATES

1 subscription 1 year (9 issues).....\$1.00
2 or more—1 year (9 issues)..... .75 each



Athlete's Foot can't break This Defense



Thousands of athletic directors have made up their minds to defend students from Athlete's Foot before it has a chance to attack. This common sense decision has resulted in a rapidly growing use of Derma-San with its powerful assurance of preventing Athlete's Foot.

The wisdom of using Derma-San lies in the fact that it is the strongest Athlete's Foot preventive made. With a coefficient of 15, Derma-San is 5 times more powerful than the average disinfectant with coefficient of 3. Hence it

can be diluted with 5 times more water and still kill Athlete's Foot spores.

Also Derma-San offers greater protection. Unlike most preventives, it does not lose its germicidal strength when exposed to light or air. Nor does it weaken with age. It lasts longer, kills Athlete's Foot spores quicker, provides real security and yet costs no more than the weaker disinfectant. That's why it pays to use Derma-San.

Derma-San has many other school uses. Send for a descriptive folder today.

The HUNTINGTON

TORONTO, ONT.
72-76 Dundas St.

HUNTINGTON



LABORATORIES Inc.

INDIANA

DENVER, COLO.
1423 - 18th St.

MADE BY THE MAKERS OF SEAL-O-SAN, THE 100% NON-SLIPPERY FLOOR FINISH FOR GYMNASIUMS



H E R E B E L O W

THIS is the month of good cheer, of thinking up changes for next year's football rules, and of attempting to fathom the current basketball rules. The thinkers and changers are already at work on the football rules. Their thinking will come to some sort of crystallization the latter part of the month in Chicago, at the time of the annual meetings of the various sports governing bodies.

There is an appreciable volume of opinion calling for the renovation of the fumble rule. The plaintiffs want the defensive team, when it recovers the other team's fumble, to be allowed to run with it, as in the good old days. They want this to apply to all the fumble situations (fumbled laterals and kicks) and blocked kicks. Whoever picks up the ball on whatever side ought to be allowed to run with it, they say. It is the natural, free, expected thing to do. We agree. Give the loose ball back to the boys. Let them run with it.

Please return the goal posts

ANOTHER rules item under controversy is the removal of the goal posts, not by the student body, but by the Rules Committee. In the professional game, the goal posts are on the goal line, which is where they ought to be, in our opinion. Maybe we are wrong, and we will take it back if evidence is produced to show that serious injuries resulted from collisions with the posts when they were on the goal lines for more than fifty years.

Our scout informs us that the real reason for taking the goal posts off the goal lines was concerned with an untrue report of the Yale-Princeton game of 1922. Yale was trying to push over the winning touchdown in the last quarter, and delegated Doc Jordan, 205-pound fullback, to hit the line on fourth down with only two inches to the goal line, right in front of the goal posts. Came the ball, and Doc plunged head down, eyes closed, only to crack his head up against what he at the moment thought was a stone wall. He was hurt. They said it was the goal posts he hit. Survivors of the game told our scout that it was Ollie Alford, Princeton center, that Doc ran into. This was the Princeton "Team of Destiny."

Shortly after the 1926 legislation, which put the goal posts back off the goal line, the cantilever goal posts came into vogue for a season or two, and then were heard of no more. The

cantilever posts eliminated the hazard to skull and bones, while at the same time their uprights were on a plane with the goal line, offering encouragement for field goals. The other day we asked Mr. Okeson what happened to these cantilever posts. He said that they were not satisfactory because they formed an obstruction which made difficult the use of forward passes close to the goal line. It was hard to throw the ball through the post, he said.

Drop-kicking renaissance

A DROP-KICKING renaissance is on foot, we are pleased to see. Returning the goal posts to the goal lines will help it along. From a mere fan's point of view we much prefer to see extra points and field goals drop-kicked than place-kicked. We wish that our editorial sanctum had been located out in Indiana this past season so that we could have watched Paul Pardonner of Purdue perform. Paul Pardonner of Purdue is not only our favorite football alliteration of the season, but he is our favorite drop-kicker. He had drop-kicked 27 out of 30 points up to the time of going to press. This includes his drop-kicks of 1932. Paul Pardonner of Purdue is a senior, a quarterback, a runner, forward-passer and a forward-catcher, in addition to being a drop-kicker. In brief, he is four-dimensional threat man.

We were gratified to read that Paul Pardonner drop-kicked a field goal in the Carnegie Tech game. But we were horrified to read that he missed a drop-kicked point after touchdown in the Notre Dame game. This was, no doubt, as horrible to Paul as it was to us, because after the next touchdown which made the score 19 for Purdue and 0 for Notre Dame, Paul attempted to run the ball for the extra point.

To encourage drop-kicking among the high school players in the vicinity of New York, Charley Brickley, the great Harvard drop-kicker of 1912, in cooperation with the New York Giants professional football team, is sponsor-

ing a drop-kicking tournament for high school players. Every Sunday afternoon, between the halves of the professional game, the tournament progresses, about ten players participating each Sunday. The kick must be made from any point back of the 20-yard line, and each player kicks five balls. The goal posts are on the goal lines. The winners of each Sunday come together in a final on December 3, too late to enable us to give you a report on it in this issue.

We've all got rhythm

YES, the basketball rules aren't what they used to be. There was a day when the man of the street could understand them. Can you imagine the man of the street tangling with the two-count rhythm rule (Rule 7, Sec. 9, Item 2)? For experts, this is one of the most fascinating rules in the book. We know several gentlemen who fondle it, and go stepping and pivoting around the kitchen floor experimenting with its various manifestations. We are keeping them under observation.

Last month we listened to a lecture on the two-count rhythm rule, delivered by that grand exalted master of basketball interpretation, Mr. Oswald Tower. It was Mr. Tower's twentieth annual appearance before the New York wolves, who were out as usual to get Mr. Tower on some fine point.

They were unsuccessful.

The Old Master had the right answer to everything. His timing and rhythm were faultless, and his pivoting on the rear foot, then on the front foot, and then on both feet at the same time—or rather *off* both feet at the same time—left nothing to be desired.

Interpreting the rule academically from the speaker's platform is one thing; interpreting it out there on the floor in a maze of movement and intense speed is something else again. Player in motion . . . two-count rhythm . . . simultaneously . . . the first count . . . the floor again . . . the rear foot . . . the front foot . . . either foot . . . ah wilderness.

For our part we are going to keep



High School Drop-kicker,
Backed by Charley Brickley

our feet in our pocket at basketball games.

Hollywood shift

ABOUT the middle of November every year Hollywood produces a romantic football film whose leading characters invariably are a handsome hero halfback, his much less handsome rival who smokes cigarettes, a glorified college with a bevy of beautiful co-eds one of whom makes it clear early in the plot that it is *She*, and not Alma Mater, for whom the handsome halfback plays his heart out.

This well-known formation has been shifted slightly in the current offering called *College Coach*, produced by Warner Bros. The old characters are all present, but the plot seems to have gone Carnegie Foundation, a trend we have viewed with alarm in recent years.

When Hollywood began taking up football in a romantic way and getting us to pay our good silver for it back in 1926, the plots were usually of the "Two Minutes to Go" motif. According to the Hollywood of those days, football could do no wrong; and the mental age of all movie-goers was regarded as being no higher than ten.

Then came the Depression. The talkies, growing out of their diaper days, signed up some of the smarter newspapermen and playwrights as scenario and dialogue writers. The result was that even the football films came out of Hollywood with some realism and cynicism growing on their chest.

College Coach is a somewhat aimless mixture of the old and the new. At its conclusion we were unable to determine whether it was playing on the side of the Carnegie Foundation or on the side of Mammoth University. The characters include most of the familiar types: the handsome hero halfback, his cigarette-smoking rival, and the beautiful girl. There is a small complication at this point, as the beautiful girl (Ann Dvorak) happens to be the wife of Coach Gore.

College Coach says nothing that *Rackety Rax* and its imitators did not say, but it says it refreshingly. When the film departs from its broad side-swiping at commercialized college football and returns to the solution of the plot at hand, time and entertainment hang heavily. Even the shots of the actual games are heavy-laden with generalization and hokum. Hair-dresser football, we call it.

As Coach Gore, Pat O'Brien is superb. He portrays the intelligent, sharp, thoroughly expert, moderately unethical, business-man coach, who is



THE HANDSOME HALFBACK ABOUT TO CRACK DOWN ON LYLE TALBOT FOR VIOLATING THE SMOKING RULE

out to cash in on the golden gate as quickly as he can, and get out. "Right now," he says, "I'm the best coach in the country. But it's a racket where they catch up to you quickly."

His wife becomes increasingly annoyed at the hubbub surrounding her husband; his preoccupation with press interviews, radio appearances and father and son dinners where Coach Gore builds character verbally. This takes up so much of hubby's time that it leaves the whole weak side of the line open for Buck Weaver (Lyle Talbot), one of Coach Gore's imported halfbacks, who proceeds to make eyes at Mrs. Gore. The All-American Board of Morals tackles this situation before it gets out into the open, and the thing ends virtuously, as of Will H. Hays. Coach Gore gets his wife back and a \$40,000 per annum contract from the big rival college; the old college's stadium bonds are redeemed by the winning of the crucial game; Buck Weaver turns out to be a pretty good egg after all, even though he chooses, in all games up to the happy ending, to run with the ball he is supposed to pass to Phil Sargent, the handsome hero halfback (Dick Powell).

The funniest situation occurs when Coach Gore speaks before a meeting of uniformed youngsters, suggestive of the Boy Scouts, gathered together to hear the great coach tell the secret of useful living. The most ridiculous situation occurs in the locker room (see cut) when Handsome Halfback Sargent cracks down on Buck Weaver for breaking the smoking rule.

Minnesota insurance

THE Minnesota State High School League Bulletin tells of an athletic injury insurance plan set up by one of its member schools. Before

the football season opened the superintendent of schools sent a letter to the parents of the players, presenting the plan. A doctor familiar with athletic injuries receives one dollar for every player who takes out the insurance. The boy's parents pay 50 cents and the school pays the other 50 cents out of its student activity fund. Every player thus insured is entitled to the doctor's service, at no extra cost, without any further expense to the insured. This does not cover the hospital bill in case the insured must be removed to a hospital, but it does pay for the doctor's services during the hospital confinement, as well as at all other times.

Bouquet of the month

IN writing of Fred Brice, coach of the University of Maine, Stanley Woodward said: "He could make a football team out of five letter-carriers, four soda-jerkers, a reporter and a traveling salesman." The inclusion of the four soda-jerkers confuses us. We regard soda-jerkers as football sages of the first water. All our Saturday betting is based on tips they give us, which have turned out fairly well. We find them much better at experting than barbers, or even sports columnists.

Note from Mr. J. E. Rogers: "You will be interested to know that the National Recreation Association, through its National Rules Committee, is now about completing national rules for touch football. If you are interested in knowing about these rules and what is being done, I would suggest that you get in touch with Mr. Arthur Williams who is secretary of the National Rules Committee, National Recreation Association, 315 Fourth Ave., New York.

PENETRATING THE ZONE DEFENSE

By Forrest C. Allen

IN our previous article, "Penetrating the Man-for-Man Defense," in the November Scholastic Coach, we pointed out that there is but one distinguishing characteristic of each of the two defensive systems—namely, that of *playing the ball* and that of *playing the man*.

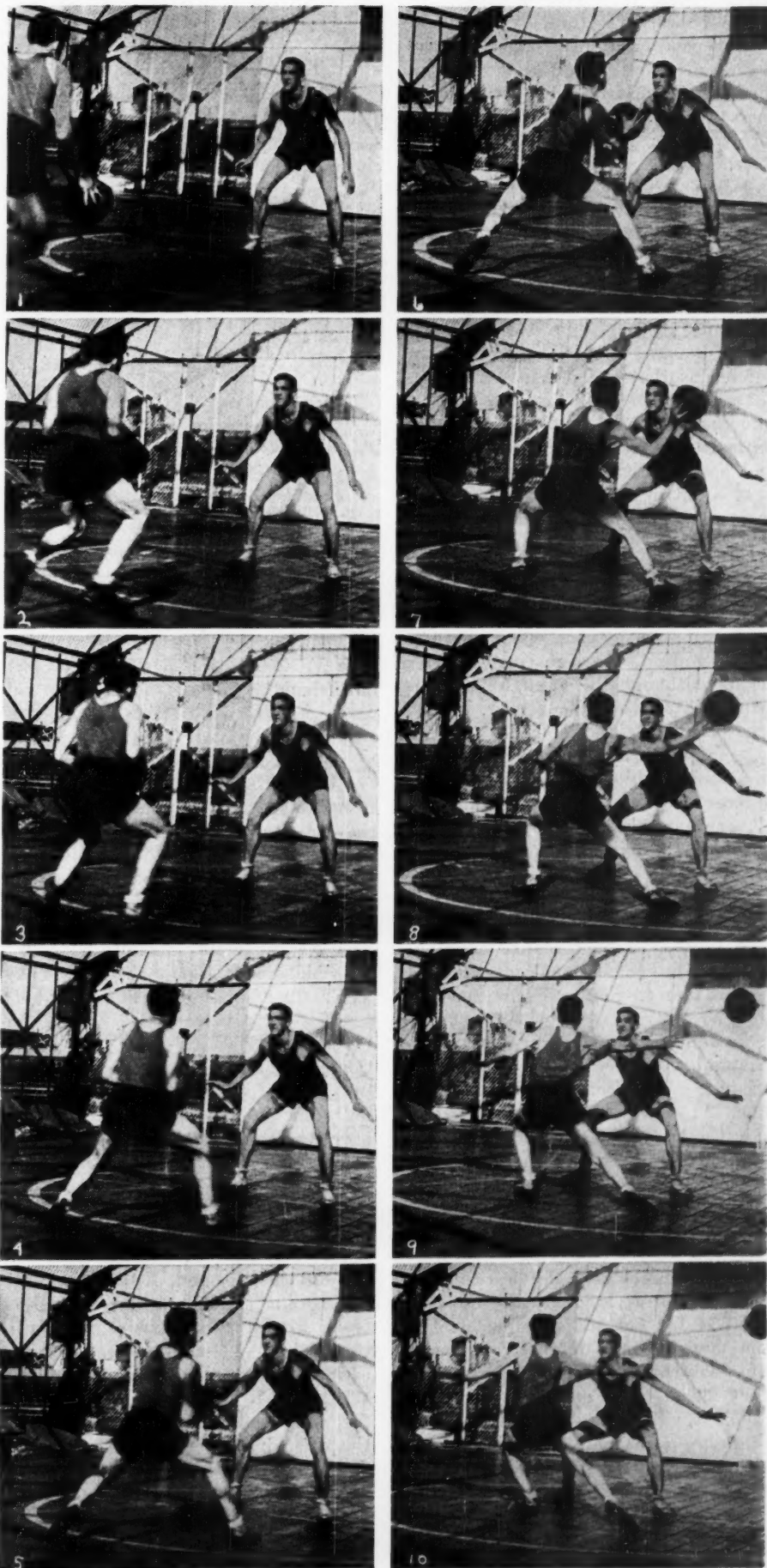
It is necessary that we repeat that a zone defensive team cannot be *screened* with any degree of success. All five men are playing *position* on the floor as regards the *location of the ball*, rather than attempting to cover any certain offensive man or men. If the ball carrier locates himself on the right side of the court, the entire defense shifts towards the ball.

The forward and guard of the defensive side nearest the ball quickly move aggressively and laterally in that direction. At the same time the flat side defensive guard *slides* to his new position under his own basket, while the defensive forward on the flat or weak side quickly cuts back to a position equidistant between his original position on the floor and the defensive guard's new position under the basket. The center *covers* around the free-throw area ready to reinforce any possible weak point that may show up. He especially handles the rebound work out in front of the basket.

Although the subject to be covered in this article concerns offense, it has seemed fitting to make these few remarks on the rubber-band action of the zone defense, so that the reader may the more readily visualize the areas on the court covered by the defensive players in relation to the position of the ball.

Every defense whether zone or man-to-man has its weaknesses. The

RIGHT: Dribbler approaching defensive player, faking with hip movement and eyes to the left, then quickly passing ball off the right hand to a teammate cutting out from the right corner. The hip-and-eyes feint occurs in the first two or three frames. In Frame 3 the dribbler has come to a stop on the count of one. (See further comment on this point on page 22). Frames 4 and 5 show the body shift to the right with the right leg going out and striking the floor and the left foot holding its point of contact with the floor. Frames 6 and 7 show the ball being brought up for the pass, and the left foot leaving its pivot point. Frame 8 shows the ball despatched, just in the nick of time, the assumption being that the dribbler had got rid of the ball, in the phrase of the rule, before the left foot touched the floor again. In Frame 9 the ball is well away, the left foot has struck the floor and the player is off to the left. It is interesting to visualize what the feinting and body and ball manipulation would be were the dribbler to (1) pass to the left and cut to the left; (2) pass to the left and cut to the right; (3) pass to the right and cut to the right.



weakness of the zone is the inability, at times, to adequately cover two offensive men who very suddenly and unexpectedly thrust themselves into a certain area before help from a defensive zone teammate arrives. Another weakness is that a zone team may become flattened out near the basket, allowing the offensive team to shoot over the front line for enough goals to win the game. However, before this can be done it is necessary for the offensive team to maneuver the ball in and out of the defense until the guards, center and forwards find themselves pushed back too far towards the defensive basket to prohibit the offense from shooting over it for direct hits or by follow-ups and rebounds.

The weakness of the man-for-man defense is that the defense is drawn out and screened off for a quick cut into the basket. It may be said that the man-to-man weakness is in under and near the basket; the zone weakness is out in front and to the side of the court. Now take your choice. We would suggest that you teach your men both the zone and man-for-man defenses. Employ each as occasion requires. When you are ahead in the score, go into a zone; when you fall behind in the score, you must go after them. Although the offensive team is required to cross the center line in ten seconds, it is still an easy matter to manipulate and maneuver the ball in a *keep away game* so that the zone defense proves impotent against a clever team desiring to legitimately withhold the ball from play.

Combination defense

A successful compromise could be the stratified transitional zone defense—part man-to-man and part zone. In this, the two front men play man-to-man and the three rear men play a triangular zone with the apex of the triangle out in front of the free-throw line. As soon as the ball is passed inside the two defensive forwards, they both immediately cut back deep for defensive support with the three triangular zone men.

You will please notice that in charting these penetrating offensive plays against a zone defense that our offensive set-up is identically the same as it is for our plays in penetrating the man-for-man defense. Both set-ups look the same to the opponents—they must—to be effective.

We suggest that you compare the diagrams and read the exposition in the November issue of *Scholastic Coach* along with those in this issue.

We have diagrammed on the opposite page a series of charts that should be readily analyzed.

The two offensive forwards are stationed ten feet from the end line and ten feet from the side line. The other three offensive men are eight feet in front of the center line with the center occupying the center position and the two guards on the outside of the center. The guards are stationed about ten feet from the side line.

The ball can readily be snapped from guard to center, to guard, to forward, as opportunity presents. For the purpose of clarification, these various plays are numbered, but in a game situation no numbers are called.

Any offensive man of the rear three, namely, the center or either of the two guards, may initiate the play.

Play No. 1

The set-up of the attacking team is exactly the same as that shown in Play No. 1 for penetrating the man-for-man defense, as shown in the November *Scholastic Coach*.

X4 of the offense snaps the ball to X3, offensive man, and immediately cuts across in front calling for the return pass. Just as X4 passes X3, X3 push passes or chest shove passes the ball to X2, who comes straight forward from his position 10 feet out from the end of the court to receive the ball. X3 feints to his own right slightly and then quickly cuts to the left to receive the return pass from X2. In the interim, X4 has continued over to the opposite corner of the court, apparently for the purpose of screening X1's guard. At this juncture, X1 cuts out in front and around X4's guard. X4, instead of screening X1's guard, follows quickly to his own left near the side of the court. X3 immediately snaps the ball to X4 who is in a splendid position to shoot a side shot, preferably a carom, for the basket. With this quick manipulation of the ball, using X3 as the feeding player, it is possible to get the ball quickly to X4 so that he will have an opportunity for an unguarded, yet clear, shot for the basket. X2 rebounds on his third of the side of the court. X1 cuts for the center rebound, just as X4 is shooting. X4 covers his third of the court for follow-up and rebound. X3 is in a position to float either way for a pass-out from any of the offensive men near the basket. X5 slides for a pass-out in case X3 is pulled over to the opposite side. It is absolutely impossible for a zone defense team to prohibit the offensive team at least getting a fairly open shot for the basket, if the offensive team continues to snap the ball. Should there be no opening for the offensive team, it is an easy matter for the ball to be passed back to

X5 or X3 and then the offensive team can re-form and endeavor to make the play work on the succeeding try. Please remember that the purpose of passing in and out of the zone defense is to flatten the defense so that an opportunity may be had to shoot over this retreating type of defense.

Play No. 2

Play No. 2 is a companion play to Play No. 1.

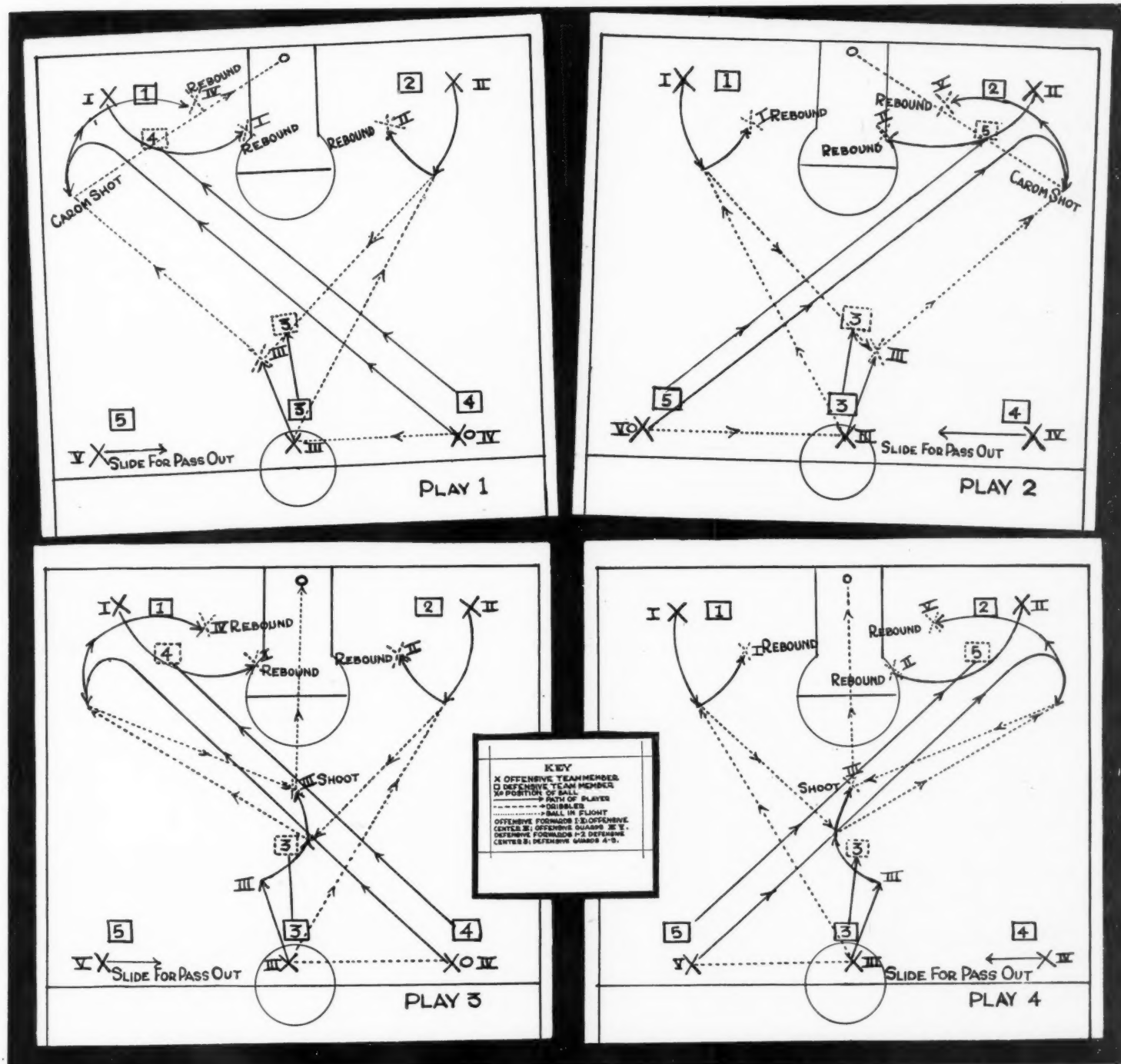
X5 passes the ball to X3 and cuts for the opposite corner apparently to screen X2's man. X3 snaps the ball to X1 after X5 has cleared the passing path of X3. X1 snaps the ball back quickly to X3 who jockeys for an open position to receive the ball in. In the interim X5 slides to his own right, near the sideline and about 15 feet from the end line. X5 now takes a side carom or loop shot for the basket. X1 follows after a rebound on his own left side of the court. X2 cuts to the front and around X5's guard, going over near the free-throw circle for rebound center work or follow-up work. X5, crouching for his shot, darts in not too rapidly to follow the ball for rebound and follow up work on his own right side of the court. X3 is playing cagey position play, ready to dart either to his right or left to receive the pass-out as the occasion demands. X4 slides for a pass-out play from his side of the court, if X3 is out of position. In this type of offense against the zone defense a quick snapping of the ball to the open man will pay big dividends. You have two men back on the offense and three men up. If the ball is properly snapped and played rapidly, you will give a zone defense a busy evening.

For the sake of practice we number these plays and then drill such time as we think advisable. But, in the game, the play is initiated by any one of the three men just over the center line without respect to number or position.

Play No. 3

In Play No. 3 the same set-up is used as in Play No. 1.

X4 snaps the ball to X3 and then X4 cuts across the court diagonally, at the same time calling for a return pass from X3. But in reality he is continuing on for the apparent purpose of screening X1's guard. As soon as X3's passing lane is cleared by X4, X3 snaps the ball to X2, who comes up quickly from his position 10 feet from the center of the court to receive the ball. X3 drives to an unguarded spot and receives the return



pass from X2. X4 floats off to his own side as he did in Play No. 1. He receives a snap pass from X3, and instead of shooting as he did in Play No. 1, he snaps the ball back to X3, who by this time has worked himself into a position to shoot for the basket. The theory is that with the passing by the offensive team, the defense has become flattened and this will enable X3, the man in the center offensive position, to get a fairly close range shot for the basket. He, of course, is in a favorable position to shoot. If he is not, he can pass back to X5, who slides for the pass-out. For the rebound work, X2 covers his third on his own side of the court. X1 can swing on out in front of the basket and cover the rebound in front. X4 can swing down and in toward his

own left side of the basket and cover his third. In this way all three sides of the basket are covered and two sides and the front, and should X3 follow in after he shoots, X1 can slide on out and trade places with X3. On Play No. 1 the shot is taken from the side and on Play No. 3 the shot is taken from down in front.

Play No. 4

This is a companion play of Play No. 3.

X5 snaps the ball to X3 and immediately cuts across, calling for the ball but continuing on his way apparently to screen X2's guard, as was done in the man-to-man screening play. X3 snaps the ball to X1, who

immediately returns it to X3 after X3 has shifted to a new position. X3 then snaps the ball to X5, who instead of screening, checks his drive and floats over to his own right side of the court. In the interim, X2 has cut out around and in front of X5's guard. X5 immediately snaps the ball to X3, who again has shifted his position sufficiently to enable X3 to shoot a looping shot high and in front of the basket. If X3 is not in a position to shoot, he can pass the ball back to X4, who slides for the back pass. Should X3 shoot, X1 rebounds and covers on his third left side of the basket. X2 swings out in front and covers the rebound or follow shot in front of the basket. X5 covers rebound on his own right side of the basket.

MOVING PICTURES AS AN AID TO COACHING

By Arthur L. Gale

The team and the entire student body share the benefits of instruction from the screen

WITH the big reduction in the price of moving picture equipment during the past year, an increasing number of coaches have added the cinema camera and the projector to the devices they find useful as an aid to teaching fundamentals and tactics.

While football is the game which first comes to mind in connection with the use of moving pictures as instruction, the athletic director or coach who has a camera and projector will find their usefulness extending beyond football. Purely from the standpoint of teaching and correcting form, there is nothing that can take the place of a slow-motion moving picture in which the athlete can see himself, and see for himself, just how he performed. Moving pictures of the school's athletic events, shown at school assembly, offer an excellent means for arousing student interest in the athletic program. Still better, the coach can do a fine job of mass instruction in such sports as tennis, golf, swimming, soccer, track and field, volleyball, basketball and most every other sport, by showing moving pictures of the fundamentals of these sports to the entire student body, accompanied by a discourse on the fine points. It is not difficult to visualize the influence such teaching methods would have toward arousing interest and improving the skill of high school students in all sports.

It is in football that the coach finds moving pictures of scrimmages and

games most helpful in improving not only individual play from the point of fundamentals, but team play as affected by timing and movement of groups, as in formations and shifts. What coach would not be pleased to have a moving picture record of the previous week's game to show to his entire squad before the next game? At the present rate of service, film taken on a Friday or Saturday and sent to the processing station immediately after the game, is returned the following week. When the processing station is in the same city, or one nearby, it is possible to have the film returned on Tuesday.

In the darkened room the football coach and his team are watching intently the screen where slow-motion studies of the practice of the previous week are being shown.

"Slow down the projector," says the coach. "You see, Smith, this is where you go wrong. You should clear Bill by at least three feet. Now watch!"

The complete play is clearly shown in detail, slowly enough so that the men can see and study action and reaction that in actual play must consume only seconds. As they watch the screen, the coach follows the plays point by point, stopping the projector to retrace a formation, or interrupting the screening to amplify a point on the blackboard. With the aid of 16 millimeter movies, the coach can, at



Portable tower used by the Middlesex School, Concord, Mass., from which football and other sports are photographed. Designed by Russell H. Kettell, athletic director, it can be tipped over and hauled to any part of the field on the two automobile wheels attached to the rear uprights.

will, study exactly what is happening on the gridiron and can detect the slightest flaw in his plan of offense.

The advantage of motion pictures as a coaching aid is obvious. A great number of the larger colleges and universities use them regularly, even going so far, as at Yale and Harvard, as to make complete records of every major game in slow motion. Most high schools would not be in a financial position to purchase the film necessary for photographing every moment of a football game, so it becomes necessary for the coach to instruct his camera operator (who will probably be a student who has made a hobby of moving picture photography) as to just what to take. In this case it would probably be best to have a signal system from the coach to the camera operator by which the operator will know what particular plays the coach wants photographed. This signalling could be done easily by an assistant manager standing beside the coach. By merely waving his hand the manager could inform the operator to start the camera. Where audible signals are used by the quarterback, the camera operator can be let in on the plays and their signals. In advance of the

THE NORTHWESTERN TEAM SEES ITSELF AS OTHERS SEE IT. COACH DICK HANLEY IS OPERATING THE PROJECTOR.



Courtesy of Bell & Howell

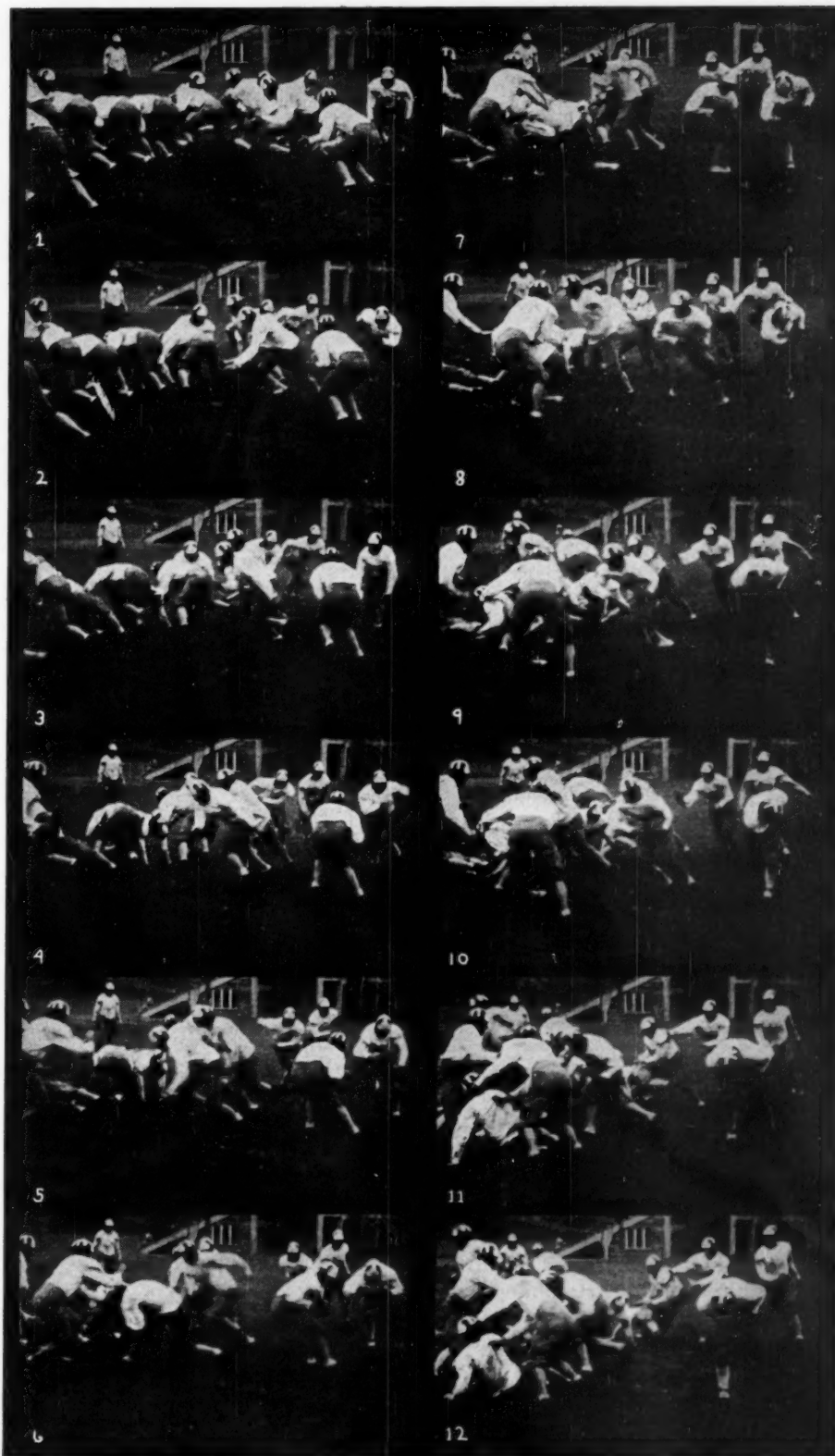
game, the coach can give the operator a list of the plays he wants filmed.

The minimum expense involved in setting up a cinema division of the high school athletic department is no longer overwhelming. The athletic director, before authorizing the purchase of equipment, may want to give the project a trial at practically no expense. In that event, it no doubt would be possible to find a student who owns a camera and projector who would be only too happy to become "official photographer" for the school athletic department.

Since there are more than fifty thousand active amateur movie makers in the United States, it may not be so difficult as it appears to get the cooperation of one of them who is also interested in the school. Coaches in larger towns and cities will find motion picture equipment at the shops of local dealers in photographic supplies. It is not improbable that, if the school is willing to pay for the film, a dealer may be persuaded, for the sake of making a test of the idea, to do the actual filming and, later, to visit the school with a projector to screen the pictures for the coach and the team. All these suggestions have worked out satisfactorily in dozens of instances.

Although the football coach may be fortunate enough to find somebody permanently connected with the school who is also an amateur movie enthusiast and who can regularly donate his time and the use of his equipment, it is more likely that, if the coach decides on a thorough use of movies, it will be advisable for the school to buy its own outfit and to make definite provision for getting full value from it.

The minimum equipment necessary—a camera with slow motion facilities, a projector and a screen—would cost about \$175.00. A full complement of equipment—a camera with three speeds, one-inch f/1.9, and two-inch and four-inch telephoto lenses, a high power projector and a screen—would cost about \$500.00. Of course, it is possible to spend more on equipment, and the extra facility gained is well worth the money if any extensive use of films is to be made. On the other hand, it is possible to buy either the minimum equipment or a complete outfit second-hand and at a price range substantially lower than those given here. The football coach will find the local dealer in photographic equipment well qualified to analyze his needs and to advise him about it. The coach can outline his program to the Amateur Cinema League, Inc., 105 West 40th Street, New York, N. Y., a non-commercial organization of amateur movie makers, and receive entirely impartial advice.



Owen Reed

Moving pictures of a practise scrimmage, showing a spinner play. These pictures were taken with overcast skies and are evidence that it is not necessary to have the sun out in order to get good amateur pictures.

When projected on a screen, the reproduction would have better clarity and continuity than are revealed here. On the screen the images appear in such quick succession as to lose little, if any, of the nature of the action.

These amounts of money may give some athletic instructors pause. The budget for athletic equipment in some schools may not allow for the extra expenditure for movie equipment. This problem has been answered successfully in a number of cases by borrowing the money from the athletic fund and then replacing it with the receipts

from high school movie shows. An afternoon or evening movie program could be given at a high school party, for which a modest fee would be charged, the proceeds to go toward the purchase price of the motion picture equipment. Material for such programs is not hard to find; in fact, a

[Concluded on page 22]

THE DIET FOR THE ATHLETE

By Peter V. Karpovich, M. D.

II. Fats and Minerals

IN two previous articles we discussed the part played by the carbohydrates and proteins in the diet of the athlete. Now we shall briefly discuss the importance of the fats and minerals.

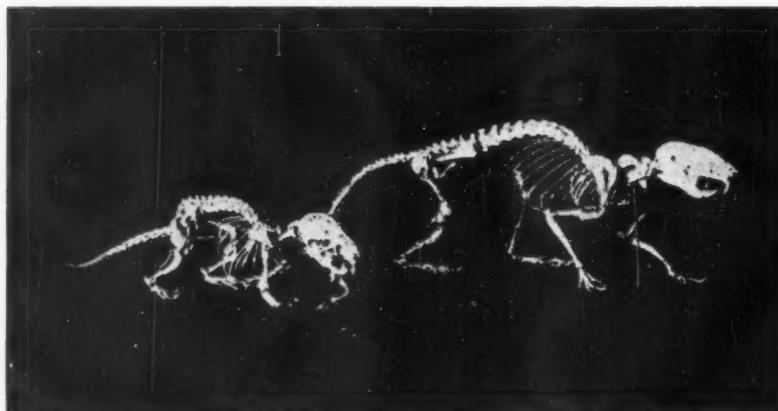
Fat represents the most concentrated source of energy. A pound of fat will provide twice as much energy as a pound of proteins or carbohydrates. Man discovered the great food value of fat long before scientists measured it in terms of calories. It is interesting to note that in many countries fat pork has been considered for a long time a convenient foodstuff for extensive trips and hikes because it is so nourishing. It has recently been established beyond question that fat furnishes a source of energy during prolonged muscular work. A marathon runner, for instance, uses not only carbohydrates but also fat which has been stored in his body. In time of scarcity of food and especially during starvation, body fat is the chief source of energy.

AVERAGE DIET HAS FAT ENOUGH

In spite of the important physiological value of fat, it should be used in relatively small quantities. Authorities agree that the amount of fat in the diet of a hard-working man should not exceed four ounces, two ounces being enough for an ordinary man. Everyone can readily see that the average athlete in this country usually does not suffer from a lack of fat. If he uses one ounce of butter with bread or toast and one ounce of fat from the milk, he can get the remaining two ounces of fat either from the meat or other ingredients used in preparation of the meal.

The coaches are usually afraid of too much fat in the diet, and with good reason. They know that the average diet contains a sufficient amount of fat and that an excess of fat can interfere with a proper digestion. One need not be an expert physiologist to find the effect on digestion of a diet rich in fat. Most everyone has had some experience with digestive misery after great feasts.

The fat has a peculiar effect upon digestion especially when it is combined with proteins. It delays digestion, the action depending upon the amount of fat consumed. Sometimes it may cause a complete inhibition of digestion, which will result in vomiting.



Side view of skeletons of twin brothers (albino rats), one of which received a diet of calcium content (wheat, meat and milk), while the other received a low calcium diet (wheat and meat). From the paper "The Calcium Content of the Body in Relation to Age, Growth and Food" by H. C. Sherman and F. C. MacLeod in *The Journal of Biological Chemistry*, Vol. 64, p. 429, 1925.

The reason for this lies in the fact that digestion of the bulk of the fat takes place only in the small intestines where it is broken up into its component parts: glycerol and fatty acids. The digestion of the proteins starts ordinarily in the stomach. In the presence of excess fat, a fatty film is formed around the particles of proteins and digestion cannot take place. The tolerance of the organism to fat varies a great deal. The writer has seen some people eating over half a pound of cold pork fat without any ill effect whatever and other people suffering from having eaten a lamb-chop and french fried potatoes. Normal people will digest a piece of ordinary cake without any trouble, because the amount of fat used in its preparation is not large, but a "rich" cake made for a special occasion may cause indigestion.

Coaches prefer to stay on the safe side and condemn all kinds of "greasy" food, fearing that it may upset the digestion. There are other physiological reasons against the excessive use of fat. Danish experimenters found that when fat is used as a source of energy for muscular work, it is less economical than carbohydrates, eleven percent more energy being used for the same work than in the case of carbohydrates. Excessive use of fat also increases the amount of fat stored in the body, thereby lowering the potential efficiency of the athlete. An abundance of fat in the diet may lead to an accumulation in the blood of the products of incomplete oxidation, thus increasing the acidity of the blood and consequently lowering endurance.

Clinical observations have also been made indicating the importance of a

certain amount of stored up fat in connection with the general behavior of the athlete. The lean men are usually more irritable than the fat ones who as a rule are more good-natured. Dr. J. H. McCurdy thinks that when he gave liberal amounts of butter to his football men the symptoms of nervousness associated with "staleness" were more easily averted. Incidentally, butter is superior to any other fat in digestibility.

In prescribing a special training table it is a good policy to emphasize all the reasons against an excessive use of fat. An appeal to the intelligence of the athletes will insure a better cooperation.

Minerals

Our knowledge of the importance of the various minerals for well-being is not complete and is still in process of formation. Of the many minerals used by the body we will consider only five: iron, calcium, phosphorus, sodium and iodine.

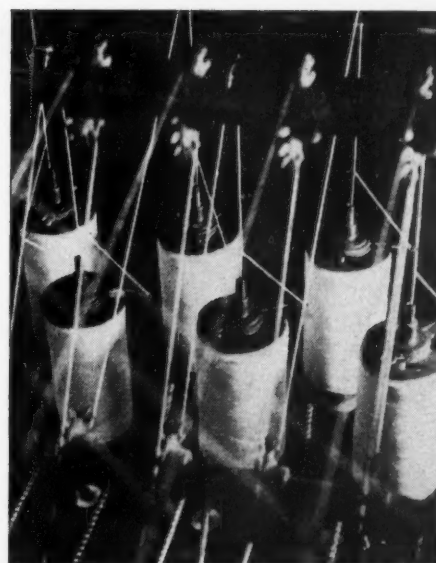
Iron is important since it is used in the building of the hemoglobin of the red corpuscles and helps in the transportation of the oxygen. An athlete suffering from lack of iron will suffer from anemia. He will be short-winded and his heart rate will be excessively high from any exertion, causing a feeling of distress. Dr. H. C. Sherman has estimated that the average American family does not consume a sufficient amount of iron. In order to get 25 mg. of iron daily, which would satisfy the bodily needs, one has to eat about two pounds of beef or three and a half pounds of pork, or one-

[Continued on page 30]

BIKE's

SMOOTH, UNIFORM

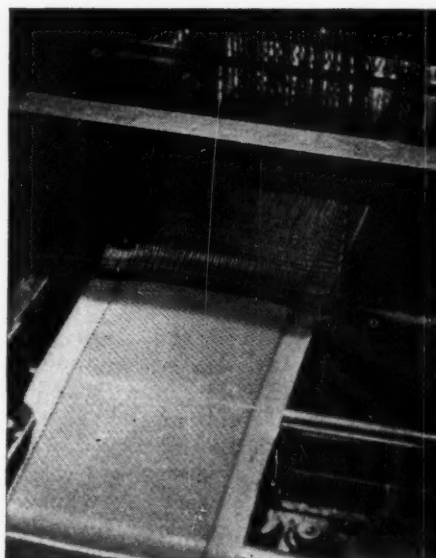
WEBBING MAKES A TRULY
COMFORTABLE SUPPORTER



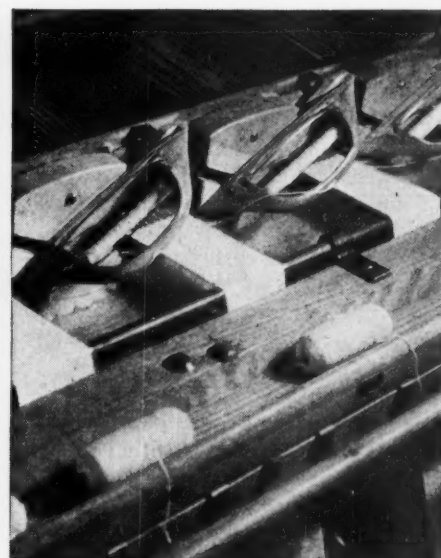
● Because every rubber strand is covered with yarn under absolutely uniform tension



● Because the finished webbing is heat treated to insure uniform moisture content



● Because the experimental loom is constantly at work on possible weaving improvements



● Because the looms are precisely regulated to prevent the slightest deviation in weaving

● Bike webbing is unequalled for smoothness and uniformity. No sizing is necessary so none is used. Curling and shrinkage are virtually unknown in Bike garments. The result is that every Bike is a truly *comfortable* supporter—one more reason why Bike is now and has been, for more than 60 years, the coaches' favorite athletic supporter.



BIKE WEB MANUFACTURING COMPANY

41 WEST 25th STREET, CHICAGO • 104 E. 25th STREET, NEW YORK

SALES AGENTS • John H. Graham & Co., 113 Chambers St., New York • Martin & Martin, 5 S. Wabash Ave., Chicago
McDonald & Linforth, 420 Market St., San Francisco • H. B. Hughes, 839½ N. Beckley Ave., Dallas

BOXING AT GREEN BAY

By Louis E. Means

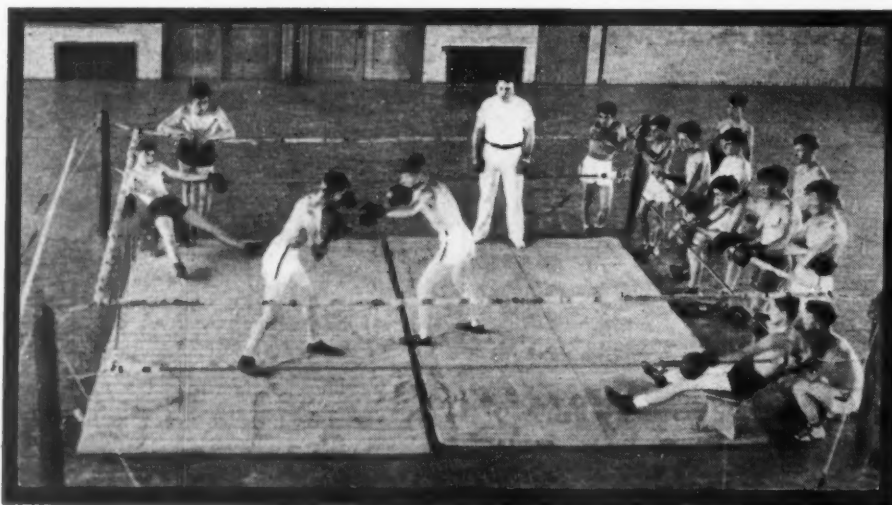
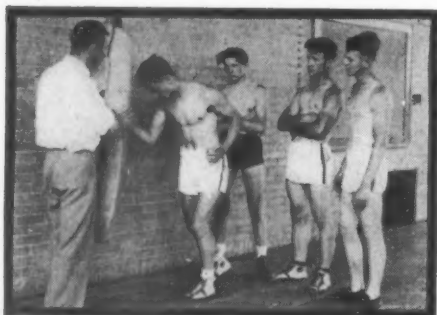
THE modern trend in school athletics calls for a close coordination of the program of sports with the general objectives of the school. Several sports and athletic activities, each destined to serve its specific purpose in the training of the adolescent for useful living, are required in every season in order to provide for the student who may not find satisfactory release and expression in a game that is prescribed for him.

A well-balanced program for boys ought to have sports of contact, such as football, wrestling and boxing; sports of endurance and prowess such as basketball, track, cross-country and swimming; and games of skill and carry-over value such as tennis, golf, fencing, ping-pong, rifle shooting, archery and some from the other group, like swimming and boxing, that have carry-over value. Few schools are in a position to give instruction in all the recommended sports, but it is a fortunate school that sees to it that every student is taking part in some sport in which he can succeed to at least a moderate degree. I do not mean success as applied necessarily to victory in interscholastic competition, but merely moderate success in a group of the boy's own age or class. The extremely successful can then go out into the interscholastic field looking for greater conquests.

Every school, large or small, should offer a sufficient number of intramural activities to attract every kind of boy to something he will like—into such a program boxing fits beautifully in any school.

At East Green Bay High School* we feel boxing has become an integral part of our educational sports program. It is purely an optional sport and no one is ever forced into it for the sake of discipline or need. A boy must have full permission of his parents and physician before he may compete. We do not favor the procedure in vogue in some quarters which demands that all timid and backward boys be forced to fight or wrestle.

GROUP INSTRUCTION ON THE SANDBAG



TWO BOYS WORK ONE ROUND WHILE THE NEXT PAIR WAIT THEIR TURN

We do feel that boys who enjoy this type of competition should be able to get it with the proper supervision in the clean atmosphere of the school rather than in the undesirable environment of the amateur or professional boxing "stable" or club.

Sixty-five to one hundred boys turn out for boxing at Green Bay, and we begin by putting the whole squad through daily preparation which guarantees physical fitness. Calisthenics, shadow boxing, cross-country, rope-jumping, striking sand bags and punching bags all contribute their share and quickly develop a favorable muscular and mental tonus which will put the boy into the ring with a feeling of confidence. We do this with all boys, whether they want interscholastic competition or intramural participation.

The boys are then classified during their preliminary training period as to weights and divided into intramural championship tournament drawings. Thus, each weight division will have from eight to sixteen entries, and bouts will continue until champions are declared in each class.

During the training period the boys work daily in feinting, leading, countering, footwork, stancing, body angles, position of arms, legs and head. We have them work by themselves and in pairs.

After the preliminary training period, which goes well into the winter, we are ready to schedule the boxing programs to which the public is invited. The director must be alert to keep out of these programs anything that smacks of the professional prize ring. At first, when we did not charge

admission and had the doors wide open, we found among the spectators many whose actions indicated that they did not choose to respect the difference between a professional prize fight and a boxing contest between schoolboys. We controlled this by charging admission and keeping a close watch for any evidence of rowdiness or unfairness on the part of the spectators toward the boxers. The conclusion we have reached is one that has been reached in many other educational institutions: that boxing can be conducted with the utmost decency and sportsmanship on the part of participants and spectators alike.

A program of interscholastic bouts for an evening usually consists of eight bouts, equal attention being given to each weight class. The money taken in is used to help defray the expenses of the non-income earning sports. The price of tickets ranges from twenty cents for our students to sixty cents for reserved ringside seats for the public. General admission for the public is forty cents. These public prices are purposely kept high in order to aid in the control of the type of spectator attending the bouts.

In the three years that boxing has been on our program we have not had a serious injury. A survey made of middle-western schools brought the same report. While it is impossible to forecast what will happen, we believe that boxing is as safe as many of the team sports, and that a boy is less liable to injury in boxing under our supervision than he would be playing at large on the streets or sandlots. We, of course, take the usual precautions of wrapping the thumbs and hands, and observe the beginners carefully

*In Wisconsin. Mr. Means is director of athletics at East High School, Green Bay.

[Concluded on page 30]



Wilson

Springs a New One

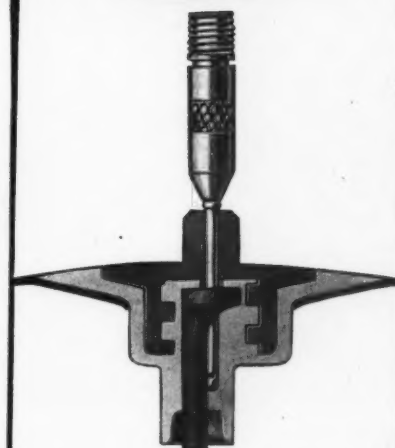
Gripfast Marking — the first major improvement made in the surface treatment of basketballs is Wilson's latest advancement in basketball construction.

Gripfast Marking is a waffle meshing of the surface of the ball that provides far greater finger traction than has ever been known before. Fingers sense a new security of grip that aids control and reduces fumbling, yet none of the elastic feel or resilient touch has been taken from the ball. An even greater sense of the possibilities of speed and snappy play is experienced.

Gripfast Marking holds the ball in even flight through the air in the same way that mesh marking is effective in keeping a golf ball on an even line of flight.

Gripfast Marking on footballs met enthusiastic acceptance this season — it is being accepted with the same enthusiasm by basketball coaches who insist that their teams have the advantage of improved equipment.

Gripfast Marking is a worthy addition to that steadily lengthening list of improvements that have built Wilson's recognized leadership in basketball construction.



Gripfast basketballs are equipped with the new Wilson detachable, replaceable, interchangeable, all rubber valve bladder — leak-proof, dust-proof and fool-proof.

WILSON - WESTERN SPORTING GOODS CO.
CHICAGO — NEW YORK — DENVER — LOS ANGELES — SAN FRANCISCO — PORTLAND

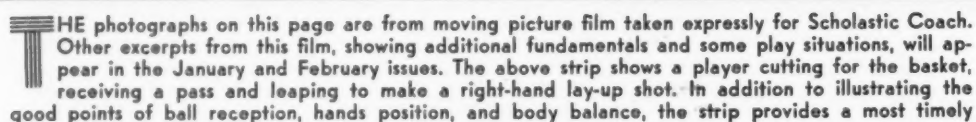
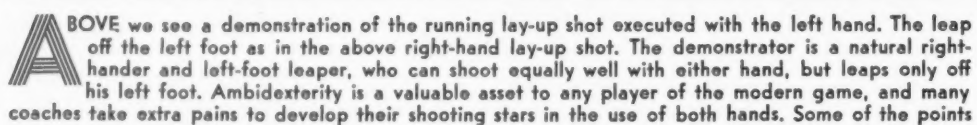
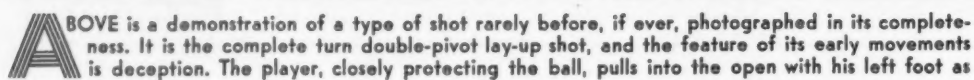


illustration of a player using the two-count rhythm (Rule 10.1.3.2). The player's left (leaping) foot has not yet struck the floor, clearly seen by comparing the third frame with the fourth. The left foot and the free-throw lane line. Had the player's left foot struck the floor he would have completed his shot in a one-count rhythm.

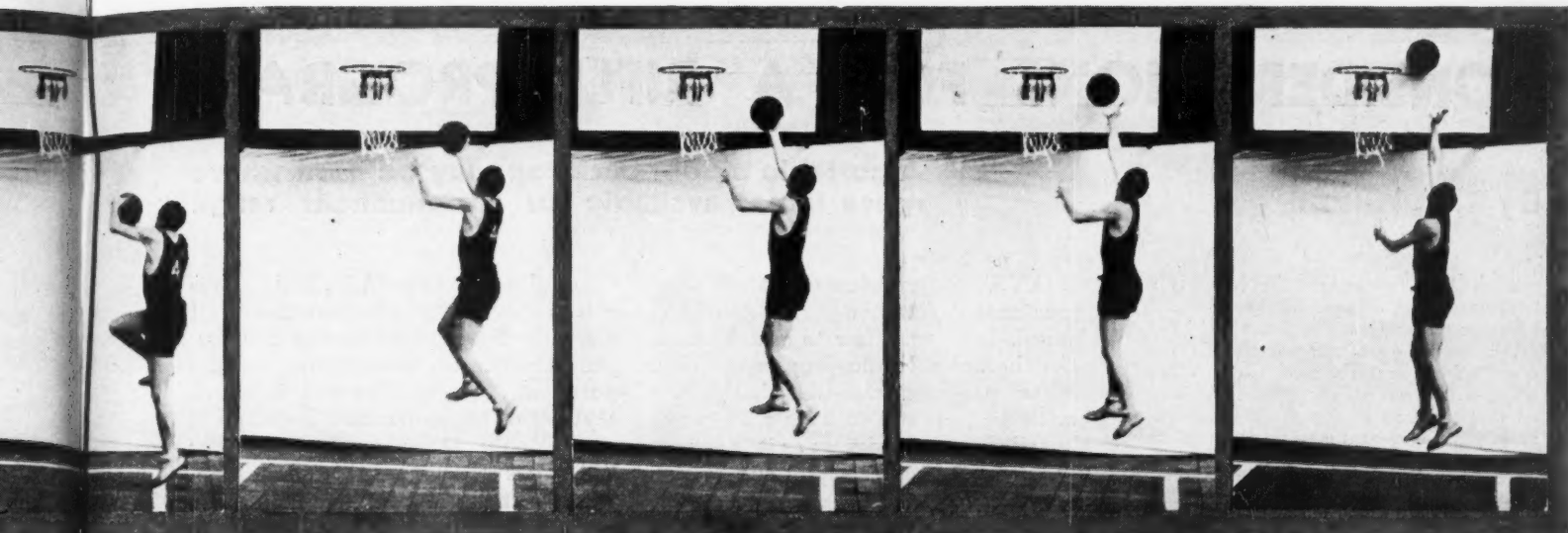


to be observed in the running lay-up shot are: two hands by the shooting hand; crooked elbow of the shooting hand consequent straightening out of that arm on release of the leap, allowing for the maximum amount of time for acceleration and aim against the bankboard; eyes on the point of placement.



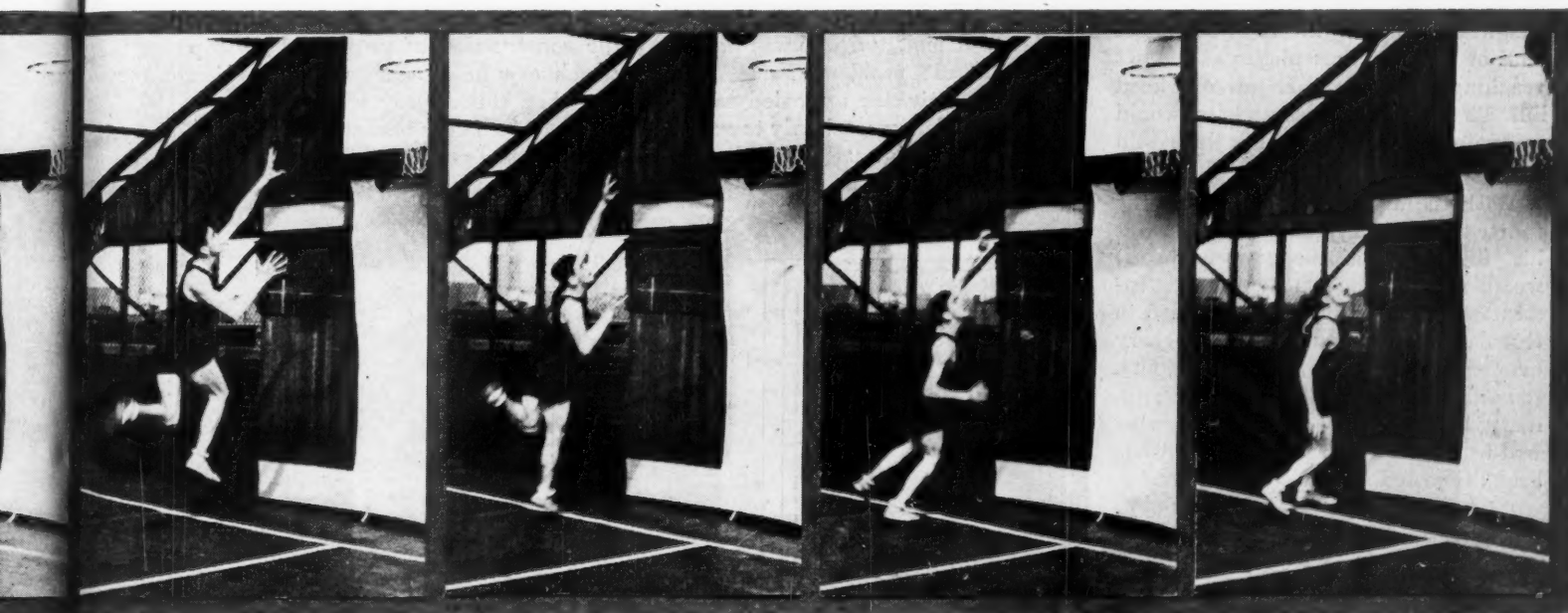
though he intended to start a dribble away from his own basket, he is not dribbling either, he steps far out on to his left foot, pivoting on it, and it serves as the pivot for a further turn to the right, and leap

Additional copies of this presentation available at 10 cents each; 10 for 50 cents; 35 for one dollar; 100 for two dollars; per



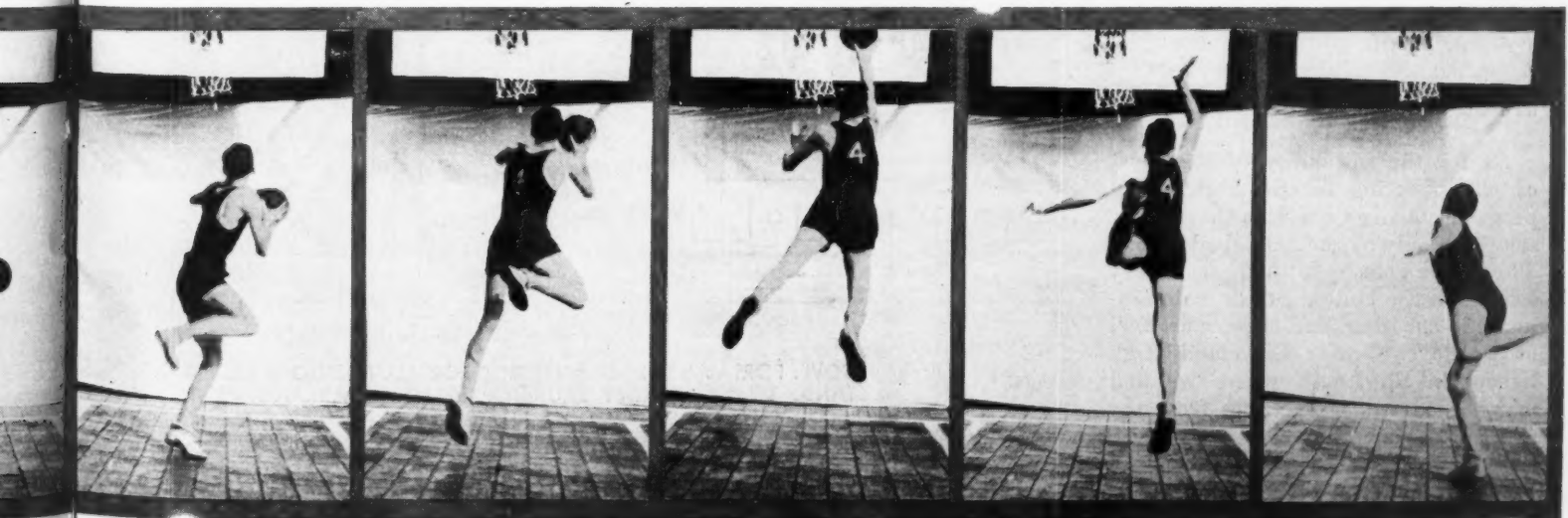
unt rhythm (Rule 7, Sec. 9, Item 2) in executing a running shot. The player is not yet on the floor when he receives the ball, a point in time with the fourth frame in relation to the position of the ball. The player caught the ball after his left foot struck the floor in a one-count rhythm in this particular situation. However,

since both the one-count and two-count are legal in this wise, the player need not attempt the one-count in favor of the two-count for legality's sake. He has the same leeway as he always had, except that the rules are more specific in defining the "running with the ball" limitations. In the above the first rhythm count comes as the result of the right foot being in contact with the floor when the ball is received. The second count occurs as the left foot strikes the floor.



are: hands on the ball until the actual discharge of it; the shooting hand to provide the projectile force, with the ball on release of the ball; release of the ball at the height of the shot; for adjustment of the shooting hand on the ball the point of placement on the bankboard; balanced return

to the floor, alert for follow-up or other developments. In the above left-hand shot, the two-count rhythm is even more apparent than it is in the strip at the top of the page. The right foot is very solidly in contact with the floor as the ball is received (first count); a long stride is taken so as to place the body at a better angle for the shot, the left foot striking the floor (second count) as the knee bends preparatory to straightening out with the force for sending the body into the air.



ay from his own basket or make a back-pass. Instead of do- foot, pivoting on his right. As the left foot strikes the floor the right, and leap for a lay-up shot from the front. Note how

well the elbows are kept close to the body; note the masterful hand-control over the ball, and the beauty of the body as it leaves the floor and again as it reaches its maximum height. This maneuver is, of course, entirely legal, and always has been.

PHOTOGRAPHY
BY OWEN REED

or two dollars; postpaid. Fine stuff for your players. Write: Scholastic Coach Bookshop, 155 East 44th Street, New York, N. Y.

CONSIDERATIONS FOR A RIFLE PROGRAM

By R. C. Wilson

A portable indoor backstop may be used where space is not available for a permanent range

Under the tutelage of Capt. Wilson, the Cleveland High School rifle team in St. Louis, Mo., has become the outstanding unit of high school marksmen in the country. At the request of Scholastic Coach, Capt. Wilson is giving in a series of two articles, his viewpoint on rifle shooting as a high school sport, and some practical hints for setting up the activity as part of the extra-curricular program.

THE fascination of firearms and the desire to hit a target are universal in their appeal. This desire finds expression in many ways, some of which would look familiar to a cave man were he to return to earth to gaze upon a pitcher throwing a baseball, a weight man putting the 12 or 16-pound shot or even a tennis player at the net reaching high to make an overhead kill. The cave man's descendants would recognize something familiar in javelin throwing and archery.

With the arrival of firearms in the fourteenth century, man had placed at his disposal the most accurate of weapons, and his affinity for this instrument of accuracy has continued to this day and has caused him to carry over the rifle into the field of sport, something for which it was never originally intended. I believe that the rifle will be used for sport long after it has been discarded as a weapon of war.*

Our concern here is with the rifle as purely a sporting instrument, and a means by which a person can fulfill a perhaps primitive desire to hit a given mark. For the average person, the rifle is more desirable for hitting a target, than is a spear, or an arrow, or a thrown ball, for the obvious reason that the ammunition of a rifle can be controlled to a greater degree by the human mind and hand, than can an arrow or a ball.

In 300 schools

As for the suitability of the sport of rifle shooting for the high school program, this is a question that can be answered only by the individual school. There are close to 300 secondary schools in the United States maintaining rifle shooting, and these must feel as we do at Grover Cleveland High School in St. Louis, where we find many good values accruing from the sport. The percentage of teams under

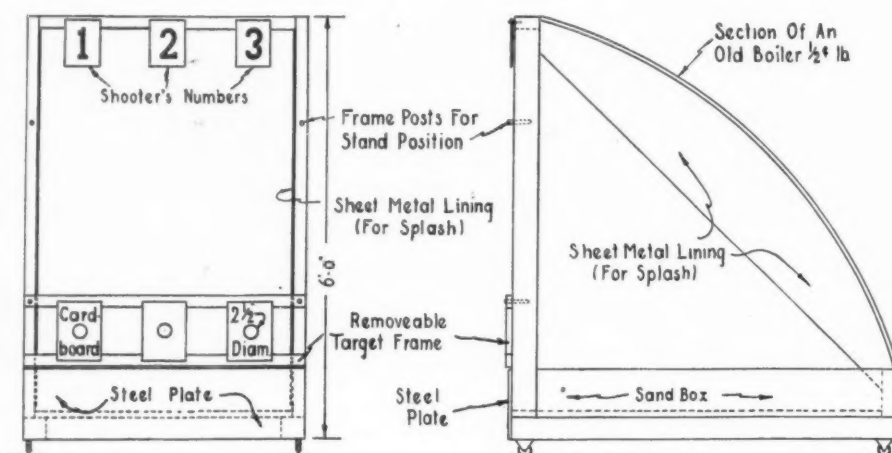
R.O.T.C. supervision is small: Not greater than fourteen percent, I understand. It is only fair to ask, I think, that before rifle shooting on the high school program is criticized, that the critic be required to have a thorough knowledge of a program as it is actually conducted under direct supervision of the school.

At Grover Cleveland High School we are in our thirteenth year with rifle shooting as part of the extra-curricular program. The sport was started under school auspices as a result of interest in shooting noticed in a boy who at the time was interested in nothing in particular in school, and who was presenting a difficult problem. None of the scheduled activities appealed to him, and the problem was plainly to get him interested in something. Shooting struck his fancy. It proved to be some-

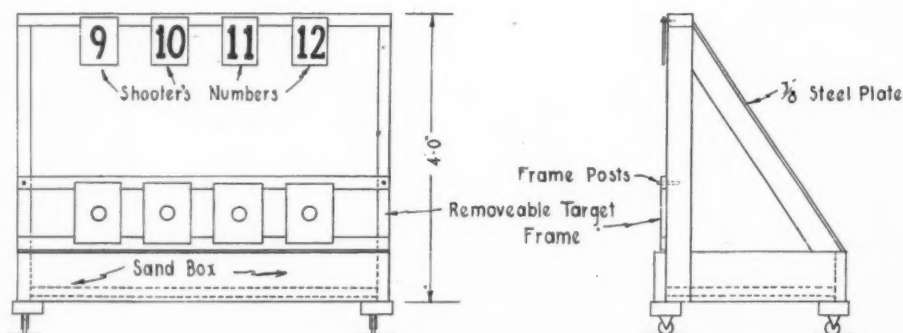
thing he could succeed in, and the result was a pickup in his confidence all along the line with a corresponding improvement in his school work and deportment. This incident was the spark that set us off on our new activity.

The only space available in our building is in the manual training shop, where a steel plate backstop and sand pit have been installed, and a portable trestle set up to serve as a firing line. The backstop remains permanently in place and does not interfere with the work carried on in the shop. We still use this set-up as our range.

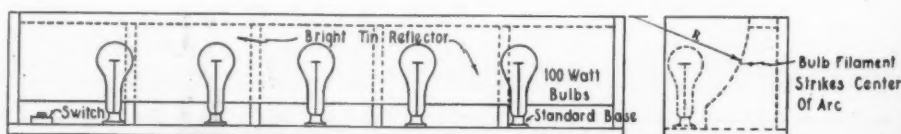
The accompanying drawings show the construction of portable backstop which can be moved to any position and then rolled away when the shooting is over. These backstops have been designed and constructed by A. B. Jordan of the Hadley Vocational School



ABOVE: PORTABLE TARGET BACKSTOP FOR PRONE, SIT, KNEEL AND STAND SHOOTING



ABOVE: PORTABLE TARGET BACKSTOP FOR ALL POSITIONS EXCEPT STAND. BELOW: TARGET BACKSTOP LIGHTING ARRANGEMENT.



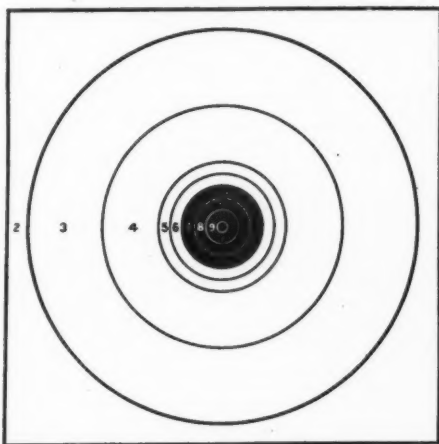
*The bow and arrow displaced the sling, the musket displaced the bow and arrow, the rifle displaced the musket. For the answer to what is displacing the rifle see *What Would Be the Character of a New War*, published by Smith & Haas.

Rifle Club in St. Louis. Mr. Jordan started a rifle shooting program by purchasing nine \$6 rifles, for which the boys are paying as they go along through the year.

Almost any room which is more than 50 feet in length can be utilized for a range. Other things being equal, the widest available space should be chosen, as it will allow for more shooters to be active at one time. We find that a room thirty-two feet wide will accommodate seven shooters at one time, but it is more crowded than we would like to have it with seven on the line.

Our rifle shooting program is financed out of the annual fee of \$2 paid by members of the school rifle club. This is sufficient for meeting the oper-

50 FEET—OFFICIAL TARGET—50 FEET
NATIONAL RIFLE ASSOCIATION JUNIOR RIFLE CORPS
BARR BUILDING, WASHINGTON, D.C.



ALL SPACES MUST BE FILLED IN

Name.....	Position.....	Target Total.....
Street.....	This target is submitted for qualification on.....	
Town.....	I hereby certify that this target was made according to the N. R. A. Junior Rifle Corps Conditions.	
State.....	Witness.....	

ating expenses, the largest item of which is the cost of the ammunition. The first investment, of course, for a school that has no equipment whatever will be in rifles and a range. In starting out it is not necessary to have the more expensive rifles. All rifles which are built primarily for target shooting and which bear the name of established manufacturers, are safe and trustworthy, regardless of their price. The new \$6 rifle on the market is quite satisfactory for beginners' use in target shooting. The National Rifle Association has for sale what is called a Junior 33, for \$10.50, which is perfectly reliable and is satisfactory for anyone except the expert and experience shooter. From these two rifles, the prices go through \$11.65, \$13.35, \$27.25, \$38.00 and on up. I would say that any rifle purchased for \$15 or less would be satisfactory for an organization that is just beginning. It should be considered as only temporary equipment, and the problem of acquiring the better quality rifles should be under

[Concluded on page 24]



LOOK TO THE FEET OF CHAMPIONS *and you'll find they are gloved in* **KANGAROO!**



WHAT do the record-holders wear? There lies the stamp of approval on an article's merit . . .

Look to their feet, and you'll find that for forty years the champions have unanimously placed their faith upon Kangaroo, have found that its combination of strength, light-weight and suppleness is unequalled. For nearly half a century, athletic champions of every sport where supple leather footwear is important have consistently worn this superb leather.

Kangaroo is 17% stronger, weight for weight, than any other leather; it won't stretch or tear as much as other leathers; it is flexible, pliant and as soft as fine kid. Kangaroo gives the athlete *strength* for safety and assurance, *lightness* for that split second of extra speed, *softness* for untiring comfort.

Every team plays on its feet. Equip your team with Kangaroo—give them its unmatched advantages. And when ordering Kangaroo, be sure to specify the *genuine*—leathers sold under the name of "Kangaroo horse", "Kangaroo sides", or "Kangaroo calf" are *not* Kangaroo.

**AUSTRALIAN KANGAROO
TANNED IN AMERICA**

QUESTION: HOW MUCH SHALL WE TAKE?

The case of a high school football player who spent all his energy on the playfield

Scholastic Coach asked several principals of high schools to comment on the problem presented by the mother of a high school player who sought counsel on how to deal with her sixteen-year-old son who came home from football practice so tired every night that, after he had had his dinner, he was ready to flop into bed. He is a normal, intelligent boy. When his mother exhorted him to do a little studying before retiring, he, in deference to her wishes, attempted to study, but it was plain that the boy was merely looking at words and not studying, and that he should be either relaxing at some light diversion or sleeping.

This situation is not being held up by Scholastic Coach as something necessarily undesirable, for it may be the best of training for a boy to be expending such physical energy that it sends him right to sleep after the day is done. However, it is perhaps dangerous to generalize on this point. As one respondent points out, all the factors involved ought to be known before a specific solution could be recommended. Even then, with the knowledge of glandular effects on physical condition still in its infancy, the responsible authority is limited in the degree of certainty with which a solution can be prescribed. The replies from the high school principals follow:

—Editor.

How can it be measured?

THE point raised in this particular question is one of vital importance to parents, principals and coaches. Are we taking too much energy from certain players in football and basketball? How much should we take? How can it be determined?

In the case in question the coach may be over-taxing the boy without knowing it. The boy knows only that he is "dead tired." Coaches who go in for long, hard practice periods, demanding the same work from all, are treading on dangerous ground, unwittingly. I, myself, prefer a short, snappy practice session, not only to be on the safe side of the physical question, but to make the boys more eager for the morrow's workout. So far, physical education has not given us a measurement for determining just when to stop, just how much to take out of a boy physically. This may come in time. In the meanwhile let us rather play on the safe side.

Even in the case of boys who, let us say, we know are strong and sturdy enough to "take it" with the toughest, we may be overemphasizing their physical nature at the expense of their mental development by giving them athletics in such doses that they are sleepy-eyed when it comes to the mental gymnastics. I am not talking of the mentally sub-normal boy, but

of the boy who has the mind for study as well as the body for play. He is our normal, natural, bright athlete. He may never get the chance in high school to develop his latent mental powers if we take up a large share of his time and energy in building winners and champions.

A young boy, such as the one in question, who has been pronounced fit by the doctor, and who finds he cannot study at night, may find the solution in getting up an hour or two earlier in the morning. If he is so completely tired out after dinner that he cannot keep his eyes open, let him retire at eight o'clock and get up at six the next morning. This is ten hours sleep, which is no doubt sufficient, even for a hard-working athlete and hard-working student.

As I stated before, this is a very important question, and I am more than glad of this opportunity to comment on it, or to experiment or assist in any other way in order to determine the balance in program for which we ought to aim for the richest development of our high school students.

KAY C. GOFORTH
Principal and Coach
High School,
Leon, Kansas

The program that fails

DURING the past few years there has been a tendency to specialize and commercialize high school athletics. A chief characteristic of this tendency is the development of teams of highly trained boys who, in order to reach the desired state of physical proficiency for so taxing a game as football, often are found neglecting other phases of their development.

It happens more often than we are willing to admit that players on teams practise for games or play so long and hard that they are physically exhausted, and this happens so regularly in instances, that it results in a general weakening of certain boys' resistance, the consequences of which we are not able to determine.

The purpose of physical training in high school, it seems to me, should not be to develop a high class athletic team consisting of a small percentage of the school's enrollment, in order to attract cash customers or to win a championship, but should be to de-

velop every student so that he has mastery over his physical powers; and to instill in him an appreciation of the value of cooperation and train him in proper health habits. When the activities included in a program fail to accomplish these ends the program has largely failed.

CARL HENDERSON
Principal and Coach
Elkland Consolidated H.S.
Elkland, Mo.

Moderation

I AM keenly interested in your recent communication relating the story of the mother that her sixteen-year-old son comes home from football practice so tired that, after he has had his dinner, he is ready to flop to bed; that he seems to be in no physical and mental condition for studying. The assumption is that he is a normal, intelligent boy.

My own observation, limited chiefly to a small section of the country where high school football has its usual popularity, leads me to believe that participation in football play and practice does not in the majority of cases have such seemingly exhausting effect upon the boys' energies. Of course, I am assuming in all these observed cases that the boys' conditions are normal, both physically and mentally.

It occurs to me that in the case of the sixteen-year-old boy referred to that his conditions may be due to bad judgment and over-zealousness of the coach in overworking his boys—perhaps too long practice period with too much scrimmaging. Sometimes inexperienced and improperly trained coaches start the season with too strenuous an activity, failing to make a gradual adaptation and adjustment to a type of play which requires the best of physical fitness to maintain constant vigor, stamina and "even increase" in weight.

It frequently obtains in the smaller schools that the coach is limited to a very small number of players on his squad and he is often forced to play a too difficult and too long schedule for the physical maturity and strength of his squad. In such instances the younger boys especially may be overworked and thus injured and robbed of a normal physical development which is their just heritage. Either or both of these two situations may be the disturbing factors in the case

of the sixteen-year-old boy provided his desire to flop to bed is due to fatigue.

Every normal boy likes to play and especially at the age of sixteen he likes the kind of sport which has plenty of action in it. Under a wise, sympathetic and understanding coach who loves the game rather for the play's sake than winning games, football should be denied to no boy who wants to play it. We are assuming, of course, the guidance of an intelligent coach with a physically trained point of view, all precautions taken against injuries due to lack of proper kind and amount of equipment, too overcrowded and too hard schedules, two teams unevenly matched in age, experience, and maturity. For the younger years fourteen to sixteen inclusive, I would strongly recommend intramural football rather than interscholastic competition.

Not much worry should be occasioned by the boy's reluctance for study after dinner. A good school will provide opportunity for a normal boy "to get most of his lessons" in school under the guidance and supervision of his teacher. This is the most economical method of study. We all have observed many sixteen-year-old boys not playing football who have a reluctance for study after dinner, get sleepy and want to go to bed. They need many hours of sleep. We should see that they get the proper amount. In the case of the sixteen-year-old in question, I should want to know all the factors that might be involved before expressing with a certainty any statement of his case. Certainly every boy who plays in interscholastic competition should have had a very thorough medical examination.

GEORGE H. COLEBANK
Principal,
West Virginia University H.S.
Morgantown, W. Va.

Early morning study

THE case of the young football player aroused my interest very much. We have occasion to be extra-alert and watchful over a game that makes the demands that football does, and which annually has a death and injury toll that certainly will have to be reduced if the game is to survive in our schools.

The rules committee sought to correct this condition by its commendable changes in the rules. Further experimentation along this line may be warranted. Safer rules, however, should not preclude the necessity for proper training and medical approval of every football player.

The boy who comes home from football practice so [Concluded on page 31]

RIDDELL

The Trade Mark of

Quality



Service

THE NEW 1934 BASKETBALL SHOE



Number 55. This is a form fitting shoe made from genuine Australian Kangaroo—light and durable. Corrugated sole will hold on any floor. Has leather insole and cushion heel which in turn is covered with cork innersole. Has good leather counter which will prevent shoe from running over and will help prevent ankle injuries. Is of Goodyear welt construction which makes it easy to be resoled. Remember it fits and has the athletic feel of a Riddell shoe. Carried in stock in D and E widths and in sizes from 5 to 13.

Manufactured by

JOHN T. RIDDELL, INC.

1259 North Wood St., Chicago, Illinois

Aid to Coaching

[Continued from page 11]



The FIRST few WEEKS

take a big toll in injured ankles and knees . . . unless your men are properly protected . . . with ACE Bandages.

Lead with your ACE, in early season practice . . . and your best men will still be with you when the big games come.

Have you read our new booklet on the prevention and treatment of athletic injuries? A copy is yours for the asking.

Sold Through Dealers

Send me a free copy of the
ACE ATHLETIC MANUAL

SC 12

Name _____

Address _____

Institution _____

Dealer _____

BECTON, DICKINSON & Co., Rutherford, N. J.

general film of a football game could constitute the feature and this could be amplified with 16 millimeter entertainment pictures. National advertisers offer a large number of subjects entirely free of charge and these could be used to fill out a program. Some other department of the school will have use for a camera and projector—at least, a projector—and could share in the purchase price.

When the school has bought the necessary equipment, to get full value from it the coach must have a dependable amateur cameraman. The operation of an amateur movie camera is simple. The latitude of the film allows for slight errors in exposure and, if he can be persuaded to hold the camera steady and to resist the inevitable temptation to "panoram" over the field, any intelligent person can be trained to do a competent job in a short time. If a young member of the faculty, who is interested in the team, can be led to give some of his afternoons, he will make the best cameraman. This has worked out very happily at some schools.

Another possibility is to train two students, one as cameraman and the other as assistant, so that, when the cameraman graduates or gives up the job, the assistant is prepared to step into his place, his position being filled, in turn, by a new recruit. Such a method is applied very successfully at Dartmouth College where, in addition to athletic movies, a regular 16 millimeter alumni newsreel has been produced during the past five years. If the job of official cameraman can be given dignity and if the coach will see to it that the position carries some school prestige, he need never worry about getting dependable results. Student movie makers have been known to stick to their jobs with as much en-

thusiasm as the team itself. Young fellows make excellent cameramen, readily learning the necessary technique.

Film will involve a regular, monthly expense during the football season, the amount depending upon the extent to which movies are used. Should the use of movies as a coaching aid be confined to studies of your signal numbers and a few of the opponent formations in the bigger games, one to three hundred feet will be sufficient. Film varies in price from about three dollars a hundred-foot reel for slow emulsions, to seven dollars and fifty cents for supersensitive panchromatic emulsions. Since, because of the season and the sinking sun during the late afternoon, the light is usually fairly poor during most of a football game, it is necessary to use some of the faster, more expensive film. The slower film can be used earlier in the game when the light is at its best and the faster film can be substituted as the light wanes and the shadows creep over the field. Of course, the film would be saved for the following year when it would be invaluable for the new team.

When the coach familiarizes himself with movies, he will find a number of aids that will simplify and improve his results. Among these, for example, is the football filming tower built by Russell H. Kettell of the Middlesex School, Concord, Mass. This device consists of a steel frame supporting a platform which is accessible through a trap door. On one side are attached two automobile wheels, upon which the tower may be tipped and hauled to any part of the field by a squad of boys. It can be placed in a position advantageous for the cameraman and it gives him an unobstructed view of the field.

Concerning the Pictures on Page 7

The moving pictures of a dribbler coming to a stop and passing, on Page 7, emphasize something more than competent execution of a fine basketball maneuver. They also emphasize the difficulty officials are up against in judging such hair-line distinctions as whether a dribbler has "received" the ball, or has not "received" the ball when "either foot is in contact with the floor."

If the dribbler received the ball while both feet were off the floor, then came to a stop with both feet striking the floor simultaneously (count of one) the dribbler

might use either foot as the pivot foot. Let us assume, however, that the ball has rebounded into the dribbler's hands as the left foot is in contact with the floor. This would be considered the first count. The right foot then strikes the floor for the second count. Thus, the dribbler has come to a stop using the two counts. (See footnote* on opposite page.)

Regardless of how the dribbler in the photographs on page 7 has come to a stop—whether on the count of one or the count of two—his subsequent footwork that takes place when the right foot is lifted and

placed further forward, is legal, since the left foot is the pivot foot. The right foot may be moved about at will. And the player is still within his rights in lifting the left or pivot foot when he cuts to the left, provided the ball leaves his hands before that foot again touches the floor.

It is safe to say that, in nine out of ten cases when a dribbler comes to a stop, at least one foot is in contact with the floor "as he receives the ball." This phrase "as he receives the ball" was designed, no doubt, to apply more appropriately to the reception of passes. The rules give no other phrase to describe the return of the ball from the floor into the hands of a dribbler. "Receives" covers it, but the word economy does not help much in clarifying the different situations that can occur when a dribbler comes to a stop.

We have estimated that in nine out of ten cases at least one foot is in contact with the floor when a dribbler "receives the ball" in coming to a stop. Perhaps it is so in 99 out of 100 cases, because it happens but rarely that a dribbler leaps to a stop, "receiving" the ball as both feet are off the floor. Now, in these 99 out of 100 instances when a dribbler comes to a stop "receiving" the ball with at least one foot in contact with the floor, we would like to make the estimate that a group of trained basketball experts, watching these 99 stops in actual scrimmage, would be divided in their judgment as to whether the ball was "received" with one or both feet in contact with the floor. These observers, we say, would be divided most of the time, and would be unanimous only on such rare occasions as when the dribbler makes a slow-motion stop.

Well, what of it—all these fine shavings? Only this: that officials and coaches ought to be pretty well agreed that a dribbler in coming to a stop usually does so with the second foot striking the floor so soon after the first, that this "two-footed" action ought to be considered the count of one.

JACK LIPPERT

Proposed Rules Changes

Among the rules changes proposed for the 1934 football season are:

Elimination of the penalty for two incompleting forward passes in same series of downs.

Return of the goal posts to the goal line.

Protection for the passer equal to protection for the kicker.

Resumption of play at start of the third quarter at point where ball was down at the termination of the second quarter, and in possession of team last entitled to it.

Repeal of the rule declaring ball dead when any part of ball carrier's body except his hands or feet touches the ground.

Return to old rule whereby fumbles and blocked kicks may be recovered and advanced by either team.

*If a player uses the two counts in coming to a stop, he may pivot only on the rear foot, if one foot is in advance of the other; if neither is in advance of the other, he may lift either foot but must get rid of the ball before that foot touches the floor again.



THEY
GET THEM
Both
IN ONE
DELICIOUS
CEREAL...

**BRAN for benefits
they need... OTHER
PARTS of WHEAT for
flavor they'll love!**

"I don't like it!" How often that's what youngsters say, when you recommend *bran*—for bulk they need to help them keep regular and fit—always!

But *here's* a bran cereal that's simply grand to eat! And they'll agree.



The reason: Post's 40% Bran Flakes is not just bran alone. True, it contains 40% bran to give *bulk*. Bulk so many youngsters *need*—to keep food moving along the intestinal tract. And thus it helps ward off constipation that comes from lack of bulk in the diet.

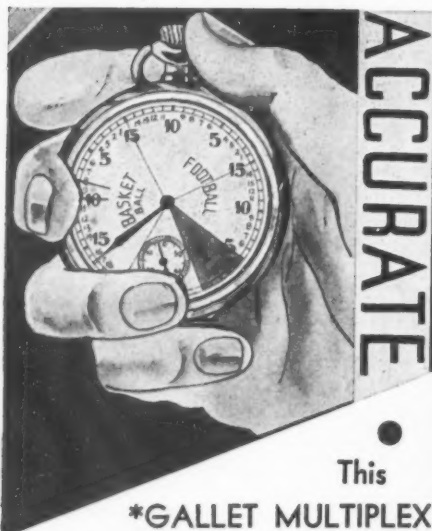
But—Post's 40% Bran Flakes contains *other parts of wheat* too.

And in this combination of bran and other parts of wheat is the secret of its fine flavor. And of its high nutritive value...its phosphorus, iron and Vitamin B.

So specify *Post's 40% Bran Flakes* for the extra benefits those young athletes need to help keep them regular and fit! Post's 40% Bran Flakes is a product of General Foods. At all grocers.

**POST'S 40%
BRAN FLAKES**

ALLEGHENY COLLEGE
LIBRARY



This
*GALLET MULTIPLEX
will give you LASTINGLY
DEPENDABLE SERVICE...

When accuracy is important—don't buy anything short of the best... A Gallet Multiplex guarantees satisfactory service that lasts! It is sound economy to buy a Timer that serves longest...

*FOR FOOTBALL

BASKETBALL
HOCKEY

OTHERS FOR
ALL SPORTS
USES

JULES RACINE
& COMPANY
20 West 47th St., N.Y.C.
Send me Sport Timer Catalog S.C.

Name.....
Address.....

*An invaluable book
for Player and Coach*

Winning Basketball

By
Nat Holman

"Holman, one of the greatest players of all times, takes up every phase of the sport and points out clearly and concisely just what plan should be pursued. 'Winning Basketball' is profusely illustrated, the wrong and right method in every plan being shown. All kinds of passing and shooting are described in a manner which this expert alone can present."

—Philadelphia Public Ledger.

with many diagrams and action
photos. \$2.00

At bookstores

Scribners

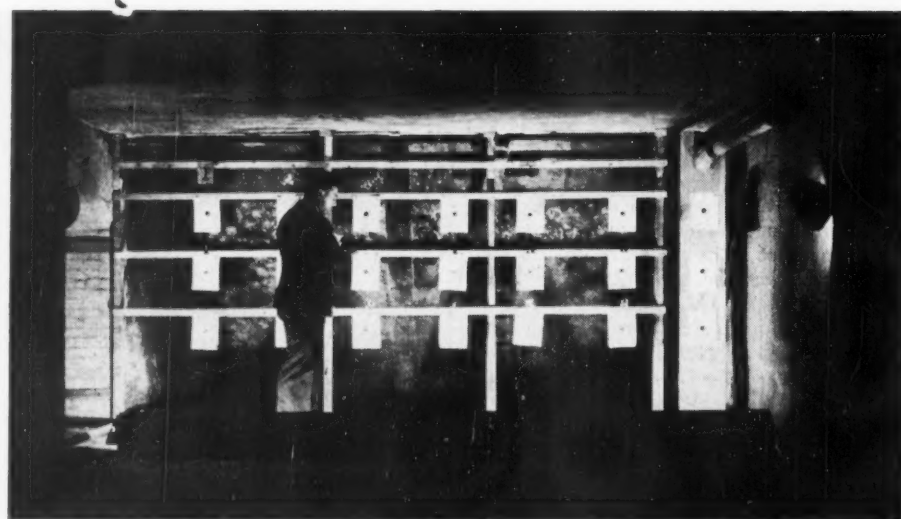
Juneman's Certified Tennis Gut

- DURABLE
- DEPENDABLE
- ECONOMICAL

Free
Booklet

**THE E. P. JUNEMAN
CORPORATION**

1100 W. 47th Place, Dept. C, Chicago, Ill.



THE PERMANENT TARGET BACKSTOP IN THE BASEMENT OF TRINITY SCHOOL IN NEW YORK CITY. THE BULLETS STRIKE A SHEET OF THREE-EIGHTHS INCH STEEL, FIXED AT AN ANGLE, WHICH DEFLECTS THE LEAD INTO A SAND PIT. AT THIS RANGE THERE ARE TWO SIDE LIGHTS IN ADDITION TO THE FOOTLIGHTS.

Rifle Program

[Continued from page 19]

consideration from the start. For more information on the comparative merits of rifles, especially the higher grade rifles, consult *.22 Caliber Rifle Shooting* by C. S. Landis, recently published by Small-Arms Technical Publishing Co.

Lack of technical knowledge of the shooting game should not in itself deter a man from inaugurating a program of rifle shooting. Enough information can be acquired in advance to enable one to start in with a modest program. The National Rifle Association has literature on the technical points of

shooting and construction of ranges, which may be had for the asking. Readers of *Scholastic Coach* are invited to correspond with the writer at Grover Cleveland High School, St. Louis, Mo., on any matter pertaining to a rifle shooting program.

Coaches interested in entering their teams in the National High School Rifle Tournament should write for an entry blank and set of rules to: H. H. Goebel, National Rifle Association, Barr Building, Washington, D. C. The tournament is open to all secondary schools, irrespective of their connection with the National Rifle Association.

Sports Recognized

Sports in the U.S.S.R. occupy a considerably more important place in the lives of the Russian people than they did in the Czarist days. Soviet Russia has recognized the value of sports and is promoting them at such a rate that there recently appeared in a Moscow newspaper a long humorous poem accusing the people of having gone football (soccer) crazy.

Soccer is the most popular game during its season. In the winter hockey, skating and skiing have many devotees.

Athletics Carried Over Into Later Life

(Item in New York newspaper)

Harold J. Fitzpatrick who, at the age of forty-six years, jumps subway turnstiles just to keep in trim, was caught at this form of relaxation last night in the Grand Central subway station and paid a fine of \$1 in Night Court.

Mr. Fitzpatrick is a real estate broker, head of the H. J. Fitzpatrick Company, of 7 East Forty-second Street. He lives at 2964 Grand Concourse, the Bronx, and is more than six feet in height.

Martin V. Connolly, subway policeman, was astounded to see the large and opulent-appearing Mr. Fitzpatrick frisk over a turnstile into the subway about 8:15 o'clock and said he'd have to arrest him. Mr. Fitzpatrick was shocked. He pulled out a roll of bills and assured Mr. Connolly that he had plenty of money to pay his fare and jumped turnstiles just for exercise and because he used to be a hurdler in college.

500 Watt Projector



New! Powerful 16 mm.
STEWART-WARNER
All features. Suitable for
largest Auditoriums. Regular
\$125.00. Our Price with Case

FREE 16 mm. Film Rental Catalog
Finest selection Comedies, Educational-
Travel-Features. Rental 50¢ per Reel
up. Write for it.

\$87.50

BASS CAMERA CO.
179 W. MADISON ST., CHICAGO

Out of the Huddle

ELVIN RICHARDS is taking a rather unusual route to proficiency in the field of secondary school coaching and physical education. After one year of teaching at the Stuart, Iowa, High School, Richards, who is only twenty-two, applied to the New York Giants professional football team for a job—not as coach, but as player. Steve Owen, head coach of the professional team, tried him out, and gave him a job in the backfield. In the first game of the season, the professional recruit grabbed the kick-off on his own goal line, returned it thirty yards, and on the next play ran the remaining seventy yards for a touchdown. No more auspicious start could be desired. Richards says that it is his plan to study physical education theory at Columbia, paying his way on his income from professional football.

While watching his son play as a member of the St. Alban Academy (Sycamore, Ill.) football team against Elgin Academy, Dr. E. P. Norcross noticed after one of the scrimmages that Ludwig Sunde, Jr., center and acting captain of his son's team did not rise. Dr. Norcross picked Sunde up and rushed the unconscious boy to the Sycamore hospital a short distance away, where after a hasty examination, he pronounced him dead of a broken neck. The game was called off with Elgin leading 7 to 0. This was the first football fatality in the Chicago district in several years.

A special football helmet, designed and constructed for Tom Sasaki, end on the Brawley, Calif., High School football team, makes it perfectly safe for the player to take part in the game without being denied the benefit of optical glasses for his faulty vision. The helmet, designed from a plaster cast of the player's head, contains the prescribed lens, which is of glass a quarter of an inch in thickness. The device is so constructed that it affords ample protection inside and presents no protuberance that might inflict injury on others.

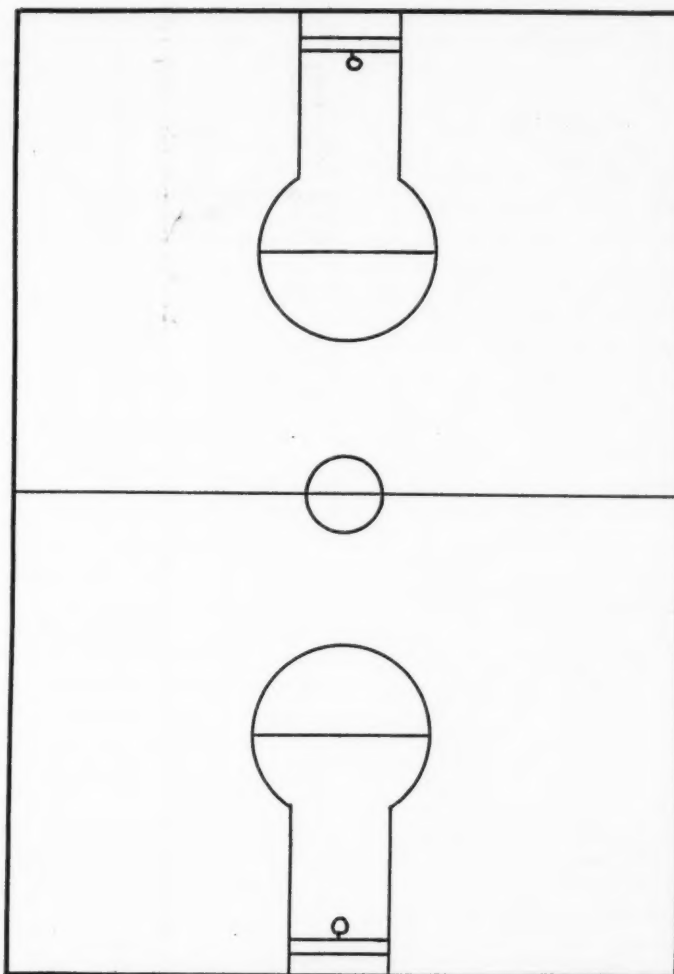
A Negro has been selected captain of the Los Angeles, Calif., High School track and field team for 1934. In recognition of the A. A. U. national championship jump of 6 feet 6 $\frac{5}{8}$ inches made by Cornelius Johnson in the final Olympic tryouts in 1932, the Los Angeles High School track team has chosen Johnson as its leader for the coming season, which will be his last in schoolboy competition.

High score of the national scholastic football season seems to be the 102 points run up by the Adel, Iowa, High School in its game with Stuart. MAURICE DAVIS

Death of W. O. McGeehan

W. O. McGeehan, brilliant sports satirist and humorist, famous for his daily column "Down the Line" in the *New York Herald-Tribune*, died on November 29 of an acute heart condition. His healthy writing was a "powerful antiseptic wash to the sentimentality of many sports pages," in the words of Romeyn Berry.

BASKETBALL FLOOR FORMS—300 for \$1



THIS IS THE EXACT SIZE OF DIAGRAMS FOR SALE

USED by coaches for diagramming all basketball situations, from tip-off plays to new experimental maneuvers for penetrating different types of defense. The diagram itself is the same as the one reproduced above, and it is printed on paper 51 $\frac{1}{2}$ inches x 41 $\frac{1}{4}$ inches, which allows ample room back of the sidelines and endlines for marking an out-of-bounds ball holder. The paper will take ink as well as pencil.

Ready for immediate delivery, packed 300 to a box. Your money refunded if the forms are not what you expected.

Sent postpaid on receipt of one dollar in U. S. money order, check or cash.

SCHOLASTIC COACH BOOKSHOP

155 E. 44th STREET, NEW YORK, N. Y.

New books on the sportshelf

A place for everything

THE NEW SHORT AND LONG BASKETBALL SCORE BOOK by Oscar W. Gluck and Walter Barczewski. 56 pp. Published by the authors. \$1.

HERE is a basketball score book after a coach's own heart, Messrs. Gluck and Barczewski, the two coaches from South Milwaukee High School who invented, or designed, the book, have fulfilled a desire which must have been shared by every other man coaching basketball: that some day there would be available a score book which had all the lines, spaces and doodads that could possibly be of any use in recording the data of a game. If our comrades from Milwaukee have left out anything we cannot imagine what it is, unless it is a space for pasting in the newspaper accounts of each game. Bless their souls for such a happy omission.

The first 43 pages of the book are score sheets proper. The convenient arrangement of this page is better seen, than read about, so with the thoughtfulness it is customary to exude at this time of the year we are reproducing somewhere in the neighborhood a miniature of one of the pages. The reduction is by more than half, the real size of the pages being 11 x 8½ inches.

The Gluck-Barczewski book is a score book with a table of contents. As a rule, we are not interested in tables of contents, and they are just like so much spinach, or so many prefaces, to us. We say the hoo with them. But a table of contents in a basketball score book is something to see, a chance in a lifetime.

After page 43 we find two pages designed for keeping the team score and record by which the reader can take in all the past games at a glance. In the old days when score books were just score books we had to thumb through the book page after page to see who beat us the first game, who beat us the second game, who beat us the third game and what the score was at the end of the first quarter, the second quarter and the third quarter, and how we fared in foul shooting as a team in contrast to how they fared.

Pages 46 to 49 are the individual scoring sheets for recording the game by game progress, or otherwise, of

POS.	NAME OF PLAYER	NO.	QUARTERS PLAYED				FIRST HALF		SECOND HALF		SUMMARY																																																
			1ST	2ND	3RD	4TH	GOALS	FOULS	GOALS	FOULS	FG	FT	F	PTS																																													
R																																																											
F																																																											
L																																																											
F																																																											
C																																																											
R																																																											
G																																																											
L																																																											
G																																																											
REFEREE			UMPIRE				FINAL CHECK																																																				
WHERE PLAYED			SCORE BY QUARTERS								OVERTIME PERIOD		FINAL SCORE																																														
TIME OUT		FIRST HALF		SECOND HALF		FIRST		SECOND		THIRD		FOURTH		FIRST		SECOND																																											
RUNNING SCORE						1		2		3		4		5		6		7		8		9		10		11		12		13		14		15		16		17		18		19		20		21		22		23		24		25		26		27	
						1		2		3		4		5		6		7		8		9		10		11		12		13		14		15		16		17		18		19		20		21		22		23		24		25		26		27	
NAME OF TEAM			F. T. ATTEMPTED								MADE		PERCENT																																														

Reduced page from *The New Short and Long Basketball Score Book*

each player. Pages 50, 51 and 52 are weight charts. Pages 53, 54 and 55 are for keeping the daily free-throw record of each player. Page 56 is spaced for listing the names, addresses and telephone number of referees, newspaper reporters and other coaches.

We have not actually tried out *The New Short and Long Basketball Score Book* under game conditions, so to speak, but we trust that it works out all right. However, we have known scorekeepers who could not keep track of events any too well on the old score books. Perhaps the present-day generation of assistant managers are capable of doing anything!

J.L.

A bargain in safety

HANDBOOK ON THE PREVENTION AND CARE OF ATHLETIC INJURIES, by Edgar Fauver, M.D., Augustus Thorndike, Jr., M.D., and Joseph E. Raycroft, M.D., Presented by the National Collegiate Athletic Association. 36 pp. Printed by the Princeton University Press, where copies may be purchased by mail, 15 cents.*

THE committee of three assigned by the National Collegiate Athletic Association to report on the general subject of training and medical supervision of athletic squads, has turned in an excellent report, which is now available in the form of a handbook. To place the book within the

reach of all, including your athletes, the committee has set a price scale which clearly removes the work from the money-making class.*

The little book packs considerable information within its thirty-six pages. It recommends a plan of supervision "made up of those policies and procedures that have been shown by experience to be most valuable in the protection of athletes from unnecessary risk." This program calls for (1) adequate specialized medical examinations of candidates; (2) attention to kind and amount of pre-season training; (3) wise planning of diet and training programs during the season; (4) medical and surgical supervision of members of squads on the field; (5) well-devised protection against the injuries common to a given sport; (6) treatment of illness and injuries that may occur during the season and training programs during the period of convalescence.

The chapter on training is greatly enhanced in value by the accompaniment of photographs showing exercises selected for their importance as conditioners of the ankles and knees. Mr. H. O. "Fritz" Crisler, coach of the Princeton football and basketball teams; Dr. Harry McPhee and Mr. Richard Swinnerton of the Princeton staff, assisted Dr. Raycroft in organizing and illustrating the exercises. Twelve exercises comprise the group

*The price scale: for one, 15 cents; for 10 up to 50, 14 cents each; for 50 up to 100, 13 cents each; for 100 to 500, 12 cents each; for 500 or more, 10 cents each.

selected, four of which are reproduced herewith, with Dr. Raycroft's permission.

Recommendations for strapping the ankles and knees comprise the chapter on protection from injuries. The regular figure eight canvas bandage and the Gibney strapping are recommended for the ankles. For supporting weak knees, the Duke Simpson strapping is cited, with drawings to show how it is applied.

All coaches should be interested in the points the Committee emphasizes in connection with the care of a player after he has been injured. We are all familiar with the would-be healer who, upon seeing a boy fall with apparent pain, rushes up to him and begins pumping his leg, or poking a finger into the troubled region. If the leg isn't broken, this would-be healer will see to it that it is.

"The main purpose of the examination of an injured player on the field," says the Committee, "is to determine whether he can continue in the game. In football there is a time allowance of three minutes for the doctor, trainer, or coach to decide this point. It can be done and well done if a few important points are followed." These points are made clear in the report. Of particular interest to this reviewer were the several paragraphs on head injuries and so-called concussion of the brain. The seriousness of these head injuries is emphasized, and the procedure to be followed in an attempt to diagnose them is advised.

In the back of the book is a table showing the immediate treatment, the convalescent treatment and the expected period of convalescence, for each type of athletic injury. J. L.

The better half

OFFICIAL BASKETBALL GUIDE FOR WOMEN AND GIRLS. 80 pp. With separate rule book and illustrated chart. American Sports Pub. Co. 25 cents.

The new Basketball Guide for Women is out, bulging with filled pockets, inside the front cover and the back cover. The pocket in the front contains the Official Playing Rules for 1933-34, a separate little book by itself. The rear pocket contains a large chart with stick drawings showing the technique of some foul play, as well as some fair play. The chart also contains, in outline form, the essence of the rules. The ladies, I must admit, do a better job with a basketball guide than do their brothers. The brothers fill their guide with rather dull and monotonous photographs of teams; the sisters have their little volume packed with practical material for coaches, players and officials. Now, which is the vain sex? J.L.



Position of attention.

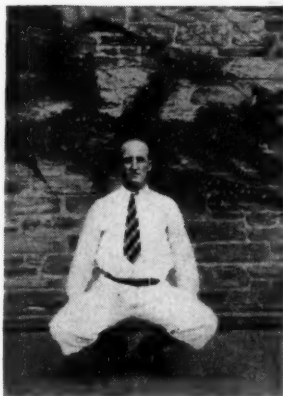


1. Lunge diagonally forward to left, placing hands on neck.
3. Rock forward to position 1.

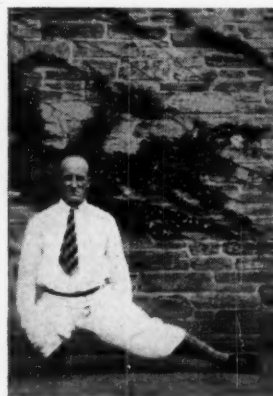


2. Rock back, straightening left knee and bending right.
4. Return to starting position.

Repeat this exercise 4 to 6 times, alternating sides



Full knee bend.



1. Left leg sideward stretch with left foot resting on ground, and right knee pointing straight to front.
3. Return to position 1.



2. Twist trunk to left and reach over toes with hands, keeping left leg straight, and right knee to front.
4. Repeat position 2.

Repeat on same side 6 to 8 times and then change to the opposite side



Position of attention.



1. Lift right leg forward and raise left heel.
3. Return to position 1.

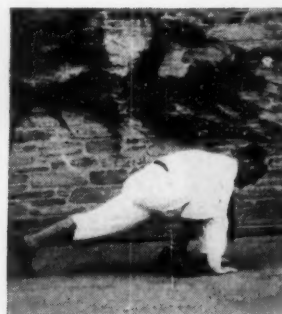


2. Lift arms forward and fully bend left knee.
4. Return to attention.

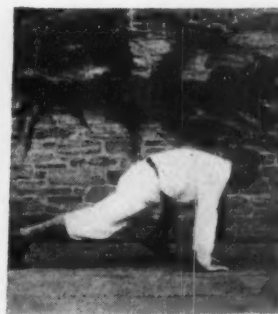
Repeat this exercise 4 to 6 times, alternating legs



Push-up position.



1. Place right leg forward so right knee is outside right elbow.



2. Change legs quickly, keeping trunk in fixed plane.

Repeat this exercise 12 times

For your bulletin board



Keystone

A HIGH SCHOOL HARRIER COMES IN WITH HIS SEVENTEENTH VICTORY: Stephen Szumachowski of Mont Pleasant H. S., Schenectady, N. Y., finishing his high school career with another victory in the national interscholastic run over the 2 3/8-mile course in Newark, N. J.



Acme

THE LAST HUDDLE?—Hunk Anderson, the coach at Notre Dame, is being counted out by most of the newspaper sports writers and the candlestick makers of South Bend, as a result of Notre Dame's losses this season on the football field.



Wide World

THE HUDDLE AT HARROW, WHERE IT IS, OF COURSE, THE SCRUMMAGE: Boys of the famous English school practising their scrummage formation, one of the dominating features of the Rugby game. The two teams pack down, shoulder to shoulder, the opposing team being in the position occupied by the machine in this picture. Into this "scrum" the ball is thrown by the scrummage halfback. The hooker of each team endeavors to sweep the ball back with his foot, to be cleared.

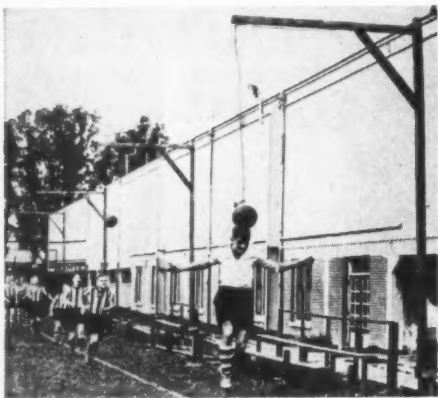


ABOVE—THE WINNER OF THE FIRST NATIONAL SCHOLASTIC GOLF TOURNAMENT: Mat Palacio of San Rafael, Calif., H.S., acquires the trophy awarded by Scholastic by shooting 18 holes in 7 under par.

BELOW—AN UNORTHODOX GRIP LEADS TO SECOND PLACE: Arthur Sorenson of East H.S., Madison, Wisc., wins the runnerup position with a score of three under par. He swings with a cross-handed grip.



ABOVE—THREE DAYS AND NIGHTS IN THE WATER: Profulla Ghose, Indian long-distance swimmer, taking a drink during his endurance swim of 72 hours 18 minutes, in fresh water at Calcutta.



Keystone

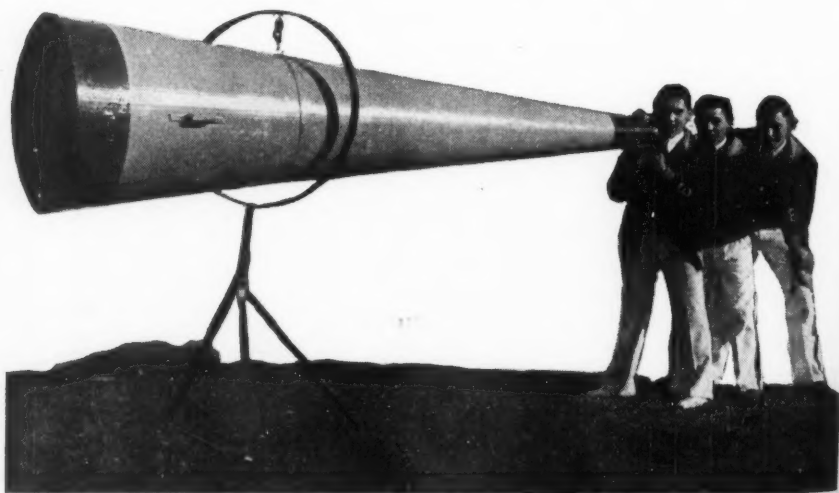


Acme

WATER BOY, Where are you runnin'? No one can run faster than he. Ralph Metcalfe, Marquette University's and the U. S. Olympic team's great sprinter, serves the Marquette football team in the humble capacity of water boy.

LEFT—SKULL PRACTISE IN THE NETHERLANDS: The idea of a ball on a string is carried over into the field of soccer by the Sparta football team of Rotterdam.

BELOW—THE BIGGEST HIGH SCHOOL MEGAPHONE IN CAPTIVITY: The cheer-leaders of Central H. S. of Toledo, O., with their championship speaking tube, which measures 10 1/2 feet in length.



West



What to Give Your Nephew, Niece, or any Young Friend?

the perfect answer is . . .

**1 Year's Subscription to "Scholastic"
FOR ONLY \$1.50**

plus

FREE LIBRARY SET

A set that will make any boy or girl of teen-age gloat on Christmas morning! Sure-fire appeal—because every word in this library set was written especially for young people of high school age. A perfect gift—because no matter what the interests of the recipient, one of these pieces is bound to please him. Read the description of this fascinating material at the left.

(WE SEND BEAUTIFULLY EMBOSSED CARD IN DONOR'S NAME)

FREE—THIS POPULAR SET A Gift of Lasting Value

"The Glory that was Greece"

The fascinating story of the debt modern civilization owes to ancient Athens. Professor Walter Agard of the University of Wisconsin gives a clear and interesting picture of classical Grecian culture and shows how the study of Hellenic conditions can help solve many of the most debated and disputed of twentieth century problems. Forty pages (size 9x12 inches), durable cover, and the best of paper and printing. Also beautifully illustrated with original photographs of Greek art subjects.

"The Sword of Sergestus"

A thrilling story of the "grandeur that was Rome." Ten episodes of action and adventure in serial form from the Fall of Troy, where "the stout bronze sword" is first bequeathed to a warrior member of the Sergestus family, to the Decline of the Roman Empire, when the sword and its last owner are lost in the Tiber in defense of the old Rome. By Paul L. Anderson, noted author of boys' stories. 32 pages (size 9x12 inches).

"Enjoying the Arts"

Originally printed as the "How to Judge" series, these brilliant essays of leading authorities provide a basis for immediate appreciation of eight branches of the arts, and also the foundation for a future growth of critical ability. Contents: The Novel—Grant Overton. The Short Story—Percival Hunt. Painting—Homer Saint-Gaudens. Poetry—Witter Bynner. Architecture—Harvey Wiley Corbett. Sculpture—Charles Grafly. The Essay—Agnes Repplier. The Drama—Walter Prichard Eaton. 52 pages (size 9x12 inches).

"Modern Govts. in Graphic Form"

A series of charts giving the significant facts about every existing type of modern government. Also explanatory paragraphs and references. By Elmer D. Grapher, Ph.D., University of Pittsburgh. 14 pages (size 9x12 inches).

SCHOLASTIC—The Ideal Gift

We get over 40 letters a day from young people telling us what a helpful and entertaining companion Scholastic is for their reading hours at home and in school. You can be sure your young friends will like Scholastic, too!! Fresh enjoyment every week during the school year. At least 32 pages in each issue—all planned exclusively for the interests of young men and women of high school age.

Donor may make gift of the subscription to one friend, and gift of the library set to another; or he may keep for himself one or the other—all in the one order.

(OFFER EXPIRES JANUARY 1, 1934)

Christmas Gift Order Blank

SCHOLASTIC, Chamber of Commerce Bldg., Pittsburgh, Pa.

Enclosed is \$..... Please send ☐ Free Library Set
☐ Scholastic subscription (check one or both) to

Name.....

Address.....

City or Town.....State.....

☐ Free Library Set ☐ Scholastic subscription (check one or both) to

Name.....

Address.....

City or Town.....State.....

(Please put any other names on separate sheet)

DONOR'S NAME.....

Address.....

City or Town.....State.....

(Send me the ☐ Library Set ☐ Scholastic subscription)

SCHOLASTIC THE NATIONAL HIGH SCHOOL WEEKLY
801 Chamber of Commerce Building, Pittsburgh, Pa.

Boxing

[Continued from page 14]

to see that they are delivering their punches in the approved manner.

We hold our bouts on the basketball floor, arranging the portable bleachers around the ring in amphitheatre style. We have a regulation ring that can be set up quickly. The mats are amply thick, and the ropes are covered to protect the boxers against friction burns. We stop the bout at the first sign of distress on the part of either participant, or if it appears in any other way that it is a poor match. Referees and judges must be carefully selected, with the approval of both coaches, not only for courtesy's sake, but to check any criticism or favoritism.

It has not been our purpose to develop boys for the amateur or professional boxing ranks. We tell the boys about the character of this sort of life, and encourage in them a feeling for boxing as a sport aside from whatever else it has become through professionalism and club amateurism. It is only fair to your boys to let them know just how you stand on this point, because they know very well that their favorite sport has other habitats besides the gymnasium of their school.

Other schools near ours have had much the same experience with their



IN SUITABLE WEATHER THE CLASS GOES OUT OF DOORS

boxing program. Parents have lost their original misgivings about the sport now that they have seen how safe it is.

In the participants themselves we have noted considerable development, some of which perhaps can be attributed to the influence of boxing. A sport of so much give and take tends to make the boys more respectful of the rights and privileges of others. Boxing does not lend itself to alibis, and the boys are quick to appreciate this point. A boy is absolutely on his own when once the starting bell

sounds; all that he can expect from his teammates is an encouraging cheer which he probably will not hear. It is sink or swim out there for him, and he usually does his best to swim. A lot of fine stuff develops in a boy when he can be left to handle a tough situation by himself, and a boxing bout for which a boy has trained faithfully, is just that kind of a situation. He has confidence in himself, knows himself to be fit, but at the same time appreciates the difficulty of the task that lies ahead for the next few minutes.

Diet

[Continued from page 12]

quarter of a pound of beef kidney. Nobody, of course, will depend on only one source of iron but will choose from the other iron-containing foodstuffs. They are: oysters, spinach, liver, wheat bran, egg, Boston brown bread and fruits. There is no danger of using too much iron. Iron may be absorbed in considerable amounts, but if it cannot be utilized by the organism, it is thrown back into the intestinal canal for elimination.

Calcium is another element especially interesting for the athlete. One of the secrets of endurance is our ability to neutralize the waste products accumulating during muscular activity.

Calcium is one of the important alkalis employed for this purpose. There are reasons to think that a lack of calcium salts may lead to an increased irritability. Calcium is extremely important in the period before the bones reach complete development. A lack of this element in that time will result in a defective structure of the skeleton. This shows clearly why the high school athlete should have plenty of calcium in his diet. A person needs about one gram of calcium daily. This amount is present in one quart of milk. Milk is the best source of calcium and it is gratifying to see how commonly it is used by athletes, and the old prejudice against its use is rapidly vanishing.

FOR EVERY HOCKEY COACH Ice Hockey

By Alex Sayles, Williams College Coach, and Gerard Hallock, Member of U. S. Olympic Team
Every hockey coach should have this famous book for constant reference. Complete, authoritative and well illustrated, this splendid contribution contains the latest material on America's fastest game. Only \$2.00.

A copy of our new, illustrated 80 page catalogue of books on Health, Physical Education, Athletics, etc. will be sent postpaid on request.

A. S. Barnes and Company
PUBLISHERS—67 West 44th St., New York

COLO

The Cole Mfg Co.

Oak Harbor, O.

Antiphlogistine

TRADE MARK

PRE-EMINENT AS A REMEDY FOR
ALL INFLAMMATIONS AND CON-
GESTIONS OCCURRING AS A RE-
SULT OF ATHLETIC INJURIES

Sample will be sent upon request.

The Denver Chemical Mfg. Co., New York, N.Y.

The foodstuffs rich in calcium are: milk, cabbage, peas, rice, beans, eggs, turnips and raisins.

Phosphorus is used in the process of muscular contraction. Phosphorus salts are also present in the blood and take part in resisting the onset of fatigue. The German physiologist, Dr. G. Embden has been able to reduce fatigue and increase the working capacity of men by administering small doses of acid sodium phosphate. Phosphates are also important for bone building. The amount required daily is slightly less than that of calcium. Most American families live on a diet insufficient in phosphorus content. It can easily be remedied if the following foodstuffs are used: whole wheat, peas, oatmeal, lima beans and raisins.

Sodium. Most people in this country use this element in excess of body needs, consequently there is obviously small concern about getting this substance in sufficient amount. There are,

however, circumstances when a coach should step in and correct the existing conditions. In case of extreme sweating, when several pounds of water may be lost, it is advisable to drink water mixed with rolled oats or water slightly salted. Excessive sweating may lower the sodium chloride content of the body so that efficiency will suffer a marked decrease and in some cases cramps may set in. This has been observed in people working under high temperatures: stokers, miners in India and Africa, and workers in foundries. In certain big steel mills, workers use tablets made of sugar and table salt which they dissolve in water, and drink.

Iodine is necessary for the proper functioning of the thyroid gland. Ordinarily we consume enough of this element. In some inland states however the soil is poor in iodine and people may suffer from simple goiter due to this lack. In those states high school students will profit by using iodized table salt.

How Much Shall We Take?

[Continued from page 21]

tired out he can hardly study in the evening need not cause his parents any alarm if he has passed a thorough physical examination and is somewhere near the size of the fellows he plays against. If home work must be done it would be much better for him to get a good night's rest and then get up early in the morning to do his studying. Hard physical training is necessary to put the boy in physical condition to stand the knocks which he must take in the game.

I am very anxious to hear other comments on this subject as I have had similar questions put before me.

CHAS. U. PUGH
Supt. of Cortland School
Cortland, Ohio

Practise befitting the player

THE question raised in your recent communication is well known. In one form or another it has probably presented itself to every school administrator.

Though I am not the football coach, I am in close touch with the athletic program and make it a point to watch the athletes for any signs of bad reaction, for all who are supervising school athletics are aware of the terrific responsibility in safeguarding the health and well-being of all students, and, of course, it is the football player who most frequently comes down with injury. I might say here that the talk of over-emphasis so familiar to all school men is usually too general to be of any use to us. Constructive criticism, I have observed, it not usually shouted from the housetops.

In regard to the sixteen-year-old boy in question, I can only reply in a general way. No doubt there are many coaches who work their players too hard. The work prescribed for each practise ought, perhaps, to be based on each individual's capacity. The coach would do well to know what reaction his players undergo at home after hard practises.

The average student should not require a great deal more time than is allotted in study halls, for the preparation of his next day's lessons. If he is below average mentally, he presents another problem. The problem in question concerns only a normal, intelligent boy.

ELTON ABERNATHY
Principal
Cherokee Public Schools
Cherokee, Texas.

Shorter schedules

IT is not rare for a coach to be confronted with such a problem as presented in this question. If a coach runs up against it infrequently, he need not feel that his system is too severe. Nevertheless, our systems ought to be under question by us at all times. We ought never to feel cocksure that we are always perfectly right in what we are doing. "Maybe" is a good word for school people to have in their consciousness. It does not mean indecision; it is merely an acknowledgment of imperfection.

I do believe that in all too many instances too much emphasis is being placed on the sport and too little attention is



Try TILITE for Yourself

TILITE is unsurpassed for cleaning tiled swimming pools, locker and shower rooms, baths, tiled flooring—in fact, all tiled surfaces. Easy and simple to use. Just sprinkle on wet tiled surface and scrub with wet brush or cloth, flush with clean water and the tile will be spotlessly clean and polished—will look like new. Having no soap content, TILITE leaves a surface that cannot become slippery under wet feet.

TILITE is Absolutely Safe

for tile and cement—will not scratch or mar the face of tile in any way, nor will it eat the cement from between the tiles. Let TILITE demonstrate what it can do. Your name and address on the margin of this ad will bring you a one-pound free sample, with which you can make your own tests. See how quickly it removes rust and other hard-to-remove stains and soil that are not touched by ordinary cleaners.

STERLING PRODUCTS COMPANY
EASTON, PENNA.

ATHLETIC EQUIPMENT

CLEANSSED, STERILIZED,
REPAIRED AND REBUILT
the Careful Way

Our work is done in our DAYLIGHT workshop by well paid, well trained help, under N.R.A. conditions.

We know of no firm who equals our work on any kind of leather shoe.

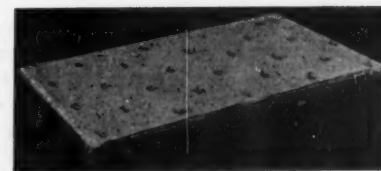
Send us a complete sample of your equipment to do at our expense.

The
Reclaiming Company
HOLYOKE, MASS.

"QUALITY—SERVICE—PRICE"

MATS . . . for

WRESTLING - BOXING - TUMBLING



Manufacturers of fine mats since 1911
Send for booklet, Dept. "C"

PETERSEN & COMPANY
4225 North 16th St., Philadelphia, Pa.

DUBOW BASKET BALLS



D35

Dubow Basket Balls are Approved by the National Federation of High School Athletic Association. The D35, shown at the left, is made of the finest selected pebbled grained cowhide, specially tanned for this purpose. Equipped with an approved type of valve bladder, easily inflated. Each ball is laced, tested and inspected at the factory by a former college coach and is ready for inflation when purchased.

Besides the D35, there are many other Dubow models. The prices are easily within the reach of your most economical budget. Ask your dealer to tell you more about these fine basket balls, or write direct to

J. A. DUBOW MANUFACTURING CO.
1907-13 MILWAUKEE AVE., CHICAGO, ILL.

READERS of SCHOLASTIC COACH may use this convenient form to obtain sample goods and brochures from the advertisers who announce that they have free material to offer those who apply. This form may be sent directly to SCHOLASTIC COACH advertising department, 155 East 44th Street, New York, N. Y., from which point the advertiser will be notified of the requests. Check carefully what you want.

ANTIPHLOGISTINE

- ☐ Booklet "Athletic Injuries and Their Treatment"

ABSORBINE, JR.

- ☐ Free sample
☐ BASS CAMERA
☐ Film Catalogue

BAY CO.

- ☐ Sample, OrthAletic Plaster

BECTION, DICKINSON

- ☐ Ace Athletic Manual

BIKE-WEB MFG. CO.

- ☐ Booklet "Guard the Vital Zone."

COLLEGE EMBLEM SHOP

- ☐ Particulars

COLO MANUFACTURING CO.

- ☐ Trial offer details

CONVERSE RUBBER

- ☐ 1933-34 Basketball Year Book

DRAPER-MAYNARD CO.

- ☐ New catalogue
☐ DUBOW MFG. CO.
☐ Information

HOOD RUBBER CO.

- ☐ 1933-34 Basketball Hints

HUNTINGTON LABORATORIES

- ☐ Shot Chart Book
☐ JULES, RACINE
☐ Catalogue, Sport Timer

E. P. JUNEMAN CORP.

- ☐ Booklet, "Tennis Hints."

POST'S BRAN FLAKES

- ☐ Sample packages for your students. State how many.

POSTUM

- ☐ 50-cup samples. How many?

- ☐ Booklet, "Iron Men and How to Build Them," by Pop Warner. How many?

A. J. REACH, WRIGHT & DISTON CO.

- ☐ Catalogue

THE RECLAIMING CO.

- ☐ Price list

RIDDELL ATHLETIC SHOES

- ☐ Catalogue

SCHOLASTIC, your classroom magazine

- ☐ Sample copy

A. G. SPALDING & BROS.

- ☐ Catalogue

STERLING PRODUCTS

- ☐ 1 lb. sample "Tilite"

UNITED FRUIT CO.

- ☐ Booklet, "The Banana Comes Into Its Own."

WILSON-WESTERN

- ☐ SPORTING GOODS
☐ Prices, Grip Fast Basketballs

NAME.....

POSITION.....SCHOOL.....
(Principal, coach, athletic director, physical director)

SCHOOL ADDRESS.....

CITY.....STATE.....

being paid the boy. In a good many schools the importance of football is greatly exaggerated, in my opinion. The "die for dear old" spirit still prevails in many schools. The period of 16 to 19 years in a boy's life is serious, for him and for us as his counselors. He is generally just through the pubescent age and any extreme effort placed on the heart at this time may injure the boy seriously.

In many localities the football season opens late in September and continues into December. An occasional high school plays an intersectional game in January. To condition a team for such a schedule, practice sessions are held every day for a two-hour period. There are still a few schools holding pre-school training camps to prepare for the football season. Even without the extremes of pre-season training camps and post-season intersectional games, it is common to find too much emphasis being placed on the game.

Three things are suggested to overcome this. First, shorter schedules. A four to six game season is long enough. Begin the games in the middle of October and end them in November. This late start will eliminate that intensive early-September drive to condition the players before the opening game.

This leads to the second suggestion—shorter daily practice sessions. Shorter and more practices will tend to remove some of the drudgery and labor that many football practices become, especially while learning fundamentals. It is also sound teaching or coaching theory to teach only an alert mind, and tired minds and tired bodies go hand in hand.

The third suggestion is for careful supervision of the players' health. Too much cannot be said regarding a careful physical examination prior to the opening practice. This examination should be done by the school physician rather than the family doctor, as the latter sometimes feels he "knows" the boy and will approve of his playing without perhaps giving his decision the attention a disinterested doctor would give. A careful check should be made each day of the weight before and after practice. The medical examiner, when making the physical examination, should tell the player about how much he should weigh and about how much he should gain or lose during the season. Some time should be taken early in the season to stress the importance of diet and sleep. I also suggest a mid-season physical examination to make sure that each boy is still perfect in regard to health.

HERMAN W. KUPS,
Coach and Director of
Physical Education
Chatham High School
Chatham, N. Y.



HOLD THAT TIGER!

FOR TEAM AWARDS

Nothing is more appropriate than our famous "Knockabout" corduroy jackets, with your school name and insignia embroidered on the back, each player's name and year or letter on the front. In all school colors, \$3.95 up. Worn by college students from Coast to Coast.

For full descriptive data and agency, drop card to

THE COLLEGE EMBLEM SHOP

8790 GRAND RIVER

DETROIT, MICHIGAN





RAY VAN ORMAN,
Football Coach, Johns Hopkins University
Head Coach, Olympic Lacrosse Team, 1928 and 1932

"Physical fitness is a result of correct training, proper digestion, steady nerves and sound sleep. This is obtained by balanced diets and harmless beverages. Postum is a harmless beverage lacking caffeine. I ordered Postum for my men in the Olympic Games of 1928 and 1932."



JAMES PHELAN,
Football Coach, University of Washington

"Hot mealtime drinks during training season used to be a problem for athletes. The caffeine in coffee too often causes nervousness, indigestion and loss of sleep. But Postum provided the solution. For Postum is a warm, delicious drink that contains no caffeine or other stimulating drug. Postum cannot possibly produce any harmful effects."



WILLIAM SHERIDAN,
Wrestling Coach and Football Trainer,
Lehigh University

"Experienced coaches and trainers know that the night before a game, high-strung athletes have difficulty sleeping. Hot Postum soothes the nerves, invites sleep. Postum is an ideal drink for an athlete... or for anyone."

Six more votes for POSTUM!



TUCKER P. SMITH,
Trainer, Ohio State University

"Use of stimulants retards physical development. Postum is a non-stimulating drink, which may be used safely by the athlete in or out of training."



W. M. ("Bert") MUNHALL,
Trainer, Carnegie Institute of Technology

"I have always advocated the use of Postum during athletic training periods. One then becomes accustomed to the wholesome beverage and will never be without it."



JAKE WEBER,
Trainer, Fordham University

"A good training rule for anyone who wants to keep physically fit is 'No coffee!' Yet many people feel the need of a hot mealtime drink. To these I recommend Postum, a warm, delicious drink that contains no caffeine, no artificial stimulant."

FREE! As many trial packages of Postum as you need for your team and candidates. Also as many free copies as you need of "Pop" Warner's training booklet, "Iron Men and How to Build Them." Just fill in and mail the coupon. Postum is a product of General Foods.

Hear the ALL-AMERICA FOOTBALL SHOWS!



The most exciting moments of the big games are vividly reenacted! Famous coaches give you inside dope on teams, players and games!

You get the week's All-America ratings... every Friday night over your local station of the Columbia Broadcasting System.

Tune in... every Friday night, 9:30 P. M. Eastern Standard Time, on Columbia's coast-to-coast network.

GENERAL FOODS, Battle Creek, Mich.

S. C. 12-33

Please send me—sample tins of Postum. Also—copies of "Pop" Warner's free training booklet, "Iron Men and How to Build Them."



Name _____

Street _____

City _____ State _____

Fill in completely. Print name and address

If you live in Canada, address General Foods, Ltd., Cobourg, Ontario.
(Offer expires July 1st, 1934)

THE BASKETBALL REPORTER SCOOPS TWO INTERVIEWS

"I've licked two enemies!"

Says the D & M 7GK Basketball



"I DON'T mean to brag, but I'm kind of proud of what I've done. For years we basketballs have had a common enemy. In every scrap he's laid us low. He has a number of aliases, but his real name is Old Man Deterioration. Well, sir, he's feeling kind of sick about his encounter with me. He did his best to give me a bump on the head, a case of mumps, or a pain in the lining. But he's done now! I've outlasted him!

"There's another chap we basketballs have always feared. He's a regular Rip Van Winkle. He sleeps for ten or twenty years. Then he comes back, fresh as ever. He's even more of a menace than the other, and he's been going strong lately. This time they call him Big Bad Wolf Depression. And I've knocked him cold. Now they've rechristened me The Economy Ball, because I outlast several ordinary balls. And I'm going stronger than ever!"

"It's as good as it claims!"

Confirms The Draper-Maynard Co.



"PROBABLY we wouldn't have told the story in just the way the D & M 7GK Basketball did, but you can't get away from the fact that there is some excuse for the mild boasting. This ball has a remarkably successful record with coaches and there is plenty of justification for calling it The Economy Ball. It actually does last longer, maintaining its official shape indefinitely! It's not just chance, either. Years of careful experimenting and radical construction changes account for it.

"First, this ball has the famous D & M Rhinotex Lining and Zigzag Stitch—a new super-strength double lining and a method of distributing the strain of inflation. Second, it's made from the choicest, matched, pebbled grain cowhide. Third, the old dead spot is eliminated by the D & M Rubber Valve Detachable Bladder, optional at no extra cost. It's a great ball!"

Made by
THE DRAPER-MAYNARD CO.
PLYMOUTH NEW HAMPSHIRE

